THE Sun

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AIRPORT DRAMA

BERNIE, 95, NICKED WITH SHOTGUN

By NICK PARKER

FORMER F1 boss Bernie Ecclestone was held by police at an airport yesterday after a shotgun was found in his case.

The 95-year-old was quizzed at Cascais, Portugal, after he flew in on his private jet with wife Fabiana Flosi, heading to his £35million home.

Full Story — Page Seven

WIN A CAR

LEAPMOTOR

WORTH OVER £30K

SEE PAGE 22

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KING RULES ON SUSSEX RETURN

Harry and Meg are not HRH or working royals

MEGXIT MEANS MEGXIT

By MATT WILKINSON, Royal Editor

KING Charles has ruled "Megxit means Megxit" in a shock order after the Sussexes' surprise return.

Harry and Meghan plan a string of charity events amid speculation of a "half-in, half-out" royal role.

But Charles has made clear their HRH titles should not be used and they "are no longer working members of The Royal Family".

Put in place . . . Sussexes and, above, our Megxit exclusive from 2020

SEE PAGES 4&5

WARNING SHOT AHEAD OF BUDGET

HEALEY REFUSES TO RULE OUT TAX RISE

THE chancellor yesterday put the country on notice over a fresh wave of Budget tax rises this autumn.

John Healey refused to "fuel more speculation" on whether households and business will be hit.

The warning shot comes as the Treasury faces rising borrowing costs, challenging inflation, and the fallout from the Iran War eating into its £24billion financial buffer.

By RYAN SABEY, Economics Editor

Mr Healey, *left*, was clear that Labour had made "very strong, very clear, very specific" commitments on income tax, National Insurance and VAT ahead of its election win.

At a manufacturing hub in Coventry, he said: "On tax specifics, I'm the Chancellor less than two months out from the Budget, I'm not going to speculate on questions of tax."

Mr Healey was making his first major attempt to paint a more upbeat message, vowing to "make Great Britain 'growth Britain' again".

He described getting Britain firing economically again as his "defining mission".

Growth plans include transferring power to the regions in a devolution drive. He also said that he would stop vexatious litigation to halt significant infrastructure projects – beyond just energy schemes.

But he delivered a blow to Labour MPs by signalling he would maintain a firm grip on public spending. Targeting the crisis in youth unemployment and curbing benefits, he said: "There's a need to bring down welfare costs."

And Mr Healey said the country was still paying a "Truss penalty" following the money markets meltdown after her 2022 mini-Budget.

But Shadow Chancellor Andrew Griffith said: "Warm words about growth will not make growth a reality."

Reform UK's Treasury spokesman Robert Jenrick said: "Healey gave a dire speech that will change nothing."

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The Sun Says — Page Ten

Cost-cutting . . . JLR

It's Rover for 4,000 car staff

By JAMES FLANDERS

JAGUAR Land Rover will axe 4,000 jobs worldwide over the next two years to cut costs by £1.7billion.

The carmaker employs 34,000 people in Britain and 10,000 overseas.

It has launched a voluntary redundancy scheme mainly targeting its 26,000 salaried and management staff and hitting the UK worst.

JLR, which operates plants in Solihull and Halewood, is still recovering from last year's cyber attack which forced production to stop.

It is also battling cheaper Chinese electric cars and US tariffs.

No10 described the cuts as "concerning".

Tax 'king' exit blow

A BILLIONAIRE hedge fund boss who paid £330million in tax last year is quitting Britain – in a new blow to Labour's growth plans.

Britain's third-biggest taxpayer Chris Rokos, 55, is said to be moving to Greece and opening an Athens office for his investment firm, Rokos Capital Management.

His exit follows those of Checkout.com founder Guillaume Pousaz and Egyptian billionaire Nassef Sawiris, who also left Britain after changes to non-dom tax rules.

PM's set for Don Israel row

By TOM SCOTSON

PM Andy Burnham is braced for a row with President Donald Trump as he prepares to unveil Israeli sanctions over illegal West Bank settlements as soon as today.

Foreign Secretary Ed Miliband is set to make the announcement as Labour seeks to win back pro-Gaza voters.

But it risks a backlash from the Americans, who are said to be furious with Britain's hardening approach against Israel.

Mr Trump and Mr Burnham spoke last night on the Israel-Gaza War.

Former PM Liz Truss wrote on X: "This Government is an Islamist-appeasing disgrace."

FUNERAL FOR A FIEND

By OSCAR JAEGER

THOUSANDS turned out yesterday for the funeral of "The Butcher of Bosnia" Ratko Mladic after his death in prison.

Soldiers in Serbia capital Belgrade tended the coffin of the 84-year-old, who died in a UN jail in the Netherlands.

Mladic, *left*, was convicted for his part in the 1995 Srebrenica massacre of 8,000 Bosnian Muslim men and boys.

Picture: GETTY

100K JOBS FOR YOUNG

TESCO, Greggs, Marks & Spencer and Amazon are among 40 retailers planning to create 100,000 jobs for young people.

Short placements for 18 to 24-year-olds will lead to a full-time job interview.

ST PAUL'S GIG RAP

SADIQ Khan has been blasted for permitting a formerly notorious drug-linked nightclub to hold gigs at St Paul's Cathedral.

The Mayor of London agreed a four-year deal for Fabric to start hosting events there from next month.

Fabric was shut for four months in 2016 after Islington Council, North London, found a "culture of drugs" there when two teens died in suspected overdoses.

Admiral Nelson is among those buried beneath St Paul's dome. Shadow Culture Secretary Rebecca Paul condemned the plans to "quite literally party over the graves of our heroes".

EU CHECKS QUEUE FEAR

BRITONS are facing more airport queues as EU fingerprint checks are enforced in full this week.

But Ryanair warned that airports were still not ready and urged Brussels to wait until next April.

COUNCIL CAVE-IN

AN overhaul of councils has been shelved.

Angela Rayner yesterday announced a pause on plans to merge several authorities and axe some altogether.

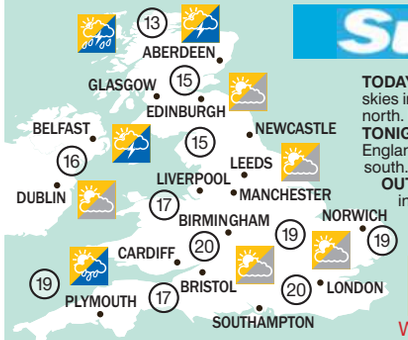
The Communities Secretary said local elections next May would go ahead in the existing council areas.

She said she needed to ensure the shake-up was legal and appropriate.

Reform-led councils had launched a judicial review against the changes, which they had described as "an unmitigated disaster".

Shadow local government minister David Simmonds branded the U-turn a "humiliation" for Labour.

Sun WEATHER



TODAY: Rain in western and southern England. Cloudy skies in central regions with sunny intervals in the north. Light winds throughout.

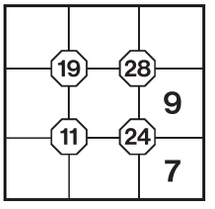
TONIGHT: Partly cloudy in north-east and south-west England. Rain in north-west. Clear skies in east and south. Fair elsewhere.

OUTLOOK: Wednesday sees mostly sunny spells in the south with clouds in the north. Thursday brings cloudy skies with mild temperatures in the afternoon.

WED 20°	THU 21°	FRI 22°	SAT 23°

SEKUTA

PLACE the numbers 1-9 in the spaces so the number in each octagon is equal to the sum of the four surrounding spaces. Solution on Puzzles page.



PUZZLES: PAGES 38 – 39

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TODAY'S BIRTHDAYS

SINGER **PINK, 47**, *left*, Man United star **BRUNO FERNANDES, 32**, actors **MARTIN FREEMAN, 55**, *right*, and **DAVID ARQUETTE, 55**, Strictly Come Dancing star **JOE SUGG, 35**, and rapper **WIZ KHALIFA, 39**.

●**LAST night's winning Health Lottery numbers: 4, 5, 12, 22, 24. Bonus ball: 41.**

ACTRESS IN FRENCH DO

Actor love . . . Phoebe with Cameron. Right, at bash

Hand Dyn marriage

Bridgerton Phoebe ties knot

TV role . . . Phoebe in Bridgerton

EXCLUSIVE by ELLIE HENMAN

BRIDGERTON star Phoebe Dynevor has married actor fiancé Cameron Fuller.

The actress, 31, and her US partner, 30, got hitched at the weekend at an 18th-century French farmhouse.

Phoebe's mum, Coronation Street star Sally, 63, and her actress sister Hattie, 22, were among guests at the sprawling venue in Provence.

A source told The Sun: "Phoebe and Cameron got married over the weekend and they couldn't be happier.

"She has been planning this wedding for months with her mum Sally. It ended up being absolutely perfect.

"Phoebe visited the venue last year with Cameron and fell in love with it.

"It's so secluded and visually very beautiful.

"They said their vows in front of their friends and family before having a sit-down meal, with drinks and dancing in the evening."

Friends of the couple, who started dating in 2023, shared snaps online — with US actor Sam Lerner, 33, posting one of himself in the venue on Sunday.

Last month, Phoebe, who played Daphne Bridgerton in the Netflix period drama, had a hen do at a £1,500-a-night London hotel.

Insiders said Cameron enjoyed a low-key stag do earlier this year.

Phoebe confirmed in May 2024 she was engaged.

She said: "I'm trying to just be present in this moment right now, but it's very hard."

Sister Hattie revealed that Cameron proposed to Phoebe during a holiday in the Cotswolds, adding: "All the family were there. She was crying her eyes out — it was tears of happiness."

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Phoebe . . with mum Sally in 2011

Picture: GETTY

"Miriam Margolyes is a darling of the Left, long regarded as a charming, quirky luvvie, who plays up to being unfiltered. But there is nothing loving about hate speech"

CLEMMIE Moodie

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BRIT NON-LEAGUE GOALIE IS A KING

A NON-LEAGUE goalie could be set to be the safe hands of a royal crown — after being chosen as the next king of a Ugandan kingdom.

George Desmond Kamurasi – who plays in the ninth tier of English football – has been selected by a committee to be the ruler of the Tooro people.

It comes after his cousin, King Oyo Nyimba Kabamba Iguru Rukidi IV, 34, died while being treated for cancer.

By ZARA QURESHI

British national George, 36, known as "Big G", captains SE Dons in the Southern Counties East League Premier Division.

Video clips show him giving fiery team talks at the club in Bexleyheath, South East London.

But George, who lives with his wife and son, is reported to be reluctant to leave the capital to accept the role.

Keeper . . . George

In Uganda, some are keen on his "no-nonsense" style, while others have questioned how a man brought up in the UK can represent them.

The funeral of King Oyo, who ascended the throne when he was only three in 1995, takes place this weekend.

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Subject to availability. While stocks last. Selected stores. Price checked at ASDA, Sainsbury's, Tesco, Morrisons, Aldi, Marks & Spencer, Waitrose, Ocado and Iceland on 07.09.26. Simply British Strawberries 227g, £1.19, £5.24/kg. GB only. T&Cs apply. Offer ends 11.09.2026.

CHARLES

By MATT WILKINSON, Royal Editor

THE King has made clear that Harry and Meghan must not be treated as working royals following their return to Britain.

He made the official declaration over how to deal with the Sussexes amid speculation they are trying to reverse Megxit.

They are lining up a string of charity engagements, raising questions over whether they are pursuing a "half-in, half-out" royal role.

But Charles reaffirmed the terms of Megxit, stating while the couple remain the Duke and Duchess of Sussex, their HRH titles remain "in abeyance" and should not be used.

He issued the guidance in a letter yesterday, clarifying that Harry and Meghan "are no longer working members of the Royal Family".

It explains any work or appearances they carry out are in a "private capacity" as there is "no change to the current status".

The letter also stated any Sussex security issues "should continue to be directed to the relevant police authorities".

The terms of the Megxit deal mean Harry and Meghan lost their right to taxpayer-funded armed police protection as they were no longer working royals.

Harry is pursuing a reversal of the ruling. After losing a High Court case, he has since won a review of his security threat status.

Royal insiders insist the King's letter is in "full accordance" with the Sussexes' wishes to remain private citizens while in the UK and the agreement "still stands".

Written by The Right Honourable The Lord Benyon GCVO, who is Lord Chamberlain and the most senior palace aide, the letter aims to "help avoid doubt or confusion" about Harry and Meghan's role – and has been shown to them.

It was drawn up after the palace received several requests for guidance regarding the Sussexes' status after they returned to Britain with their children last month.

It also means the King has decisively ended any speculation about the couple reversing Megxit or the terms of the Sandringham Summit, which set the rules for their withdrawal from royal duties.

The Sun exclusively revealed Harry and Meghan were returning to Britain and Archie and Lilibet have been enrolled in school.

Pictures of Harry's first public appearance since their move back appeared on Facebook yesterday and showed him at Tower Bridge Studios in London on Friday.

The letter from the palace states: "Following the decision by the Duke and Duchess of Sussex to relocate to the UK, we have received a number of requests for guidance.

"To help avoid doubt or confusion, the King has directed that the following information be shared.

"In January 2020 the Duke and Duchess stepped down from undertaking representative duties on behalf of the sovereign, and are no longer working members of the Royal Family.

"This position . . . will continue to be fully respected.

"It follows that there is no change to the current status of the Duke and Duchess of Sussex.

"Their styles as His and Her Royal Highness remain in abeyance and are not used."

The letter continues: "The charitable work of the Duke and Duchess is a personal matter for them and undertaken in their private capacity.

"In short, their position is akin to private citizens with commercial and charitable interests.

"Any specific questions from official and state organisations about the courtesies which should be extended to the Duke and Duchess, particularly where recourse to public funds may be required, should be directed to Buckingham Palace.

"Any operational security issues should continue to be directed to the relevant police authorities.

"All correspondence and administrative questions relating to the couple should be sent directly to their office, which will continue to operate separately from the Royal Household."

The palace could not confirm exactly which organisations received the guidance, but it is understood to be senior government and military figures.

Local Lord Lieutenants – personal representatives of the King in UK counties often tasked with arranging official royal visits – have also been sent the letter.

Senior palace sources insist the note is meant to be a reminder that the Sandringham Agreement remains in place.

The terms were agreed between the Sussexes and the late Queen

Standing ground . . . His Majesty

LETTER LAYS DOWN LAW TO COUPLE

Picture: TOWER BRIDGE STUDIOS

Studio visit . . . Harry on Friday

STAYS FIRM OVER MEGXIT

Harry & Meghan must NOT be given the royal treatment

after talks at Sandringham, Norfolk, in January 2020. As non-royals, the Sussexes engagements are not given the same status as royal events.

While Harry and Meghan retained their Duke and Duchess titles, they no longer receive taxpayer money or income from the Sovereign Grant, which funds working royals carrying out their duties.

Harry also gave up all of his honorary military titles and both returned their royal patronages.

It is understood the Sussexes are planning on embarking on a series of engagements in coming weeks after Archie, seven, and Lilibet, five, are settled into school in Britain. They will focus around Harry's private charitable causes and patronages.

Royal author Robert Jobson said: "It is clear the King is saying Megxit means Megxit and the terms of the Sandringham summit remain."

Ingrid Seward, editor-in-chief of Majesty Magazine, said: "It is very necessary because people are confused. The King is being firm and decisive and, whatever he may feel personally about his son, he can't and will not go against the terms of the Sandringham summit.

"It puts Harry and Meghan firmly in their place." The Sussexes' team was approached for comment.

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A timely reminder of who's the boss

By **MATT WILKINSON** Royal Editor

KING Charles has done more than reaffirm the terms of Megxit publicly.

He has made it clear who is in charge.

The 2020 Sandringham Agreement still stands, with Harry and Meghan classed as private individuals who have no official working royal status.

Apart from their location, nothing has changed.

Charles had to intervene as they will soon begin public engagements which will attract attention. People need to know how to treat them.

There are working royals such as Charles, Camilla, William, Kate, Anne, Edward and Sophie, with roles with responsibilities. Non-working royals include Zara Tindall Beatrice and Eugenie. And, now, this is where we find Harry and Meghan.

They are not the King and Queen. They are not the Prince and Princess of Wales. They gave up their right to be on that level when they stepped down and went to the US.

So much time has passed, people can be forgiven for being confused about their status or have forgotten what was agreed in January 2020.

This is a diplomatic reminder to local authorities, government and military chiefs of how they should be treated if they make diva demands.

But it is also a reminder to Harry and Meghan and comes as a welcome confirmation of who is the boss.

Private citizens . . . the Sussexes. Harry & King at Queen Elizabeth's funeral, below

In short, their position is akin to private citizens with commercial and charitable interests

– PALACE'S MISSIVE

Picture: GETTY

U.S. ACCUSE LABOUR OF CENSORING MEDIA

'Serious concern' . . . Trump

THE US has accused Labour of seeking to punish critical media outlets with "viewpoint-based censorship".

By JACK ELSOM, Political Editor

Donald Trump's administration condemned the Government's plans to force social media sites to promote only news providers deemed "trustworthy".

The plans would require tech platforms to make stories from public service media such as the BBC more prominent.

The US embassy in London responded by saying: "A framework that empowers governments to influence which sources receive preferential visibility risks becoming a mechanism for viewpoint-based censorship.

"If the UK compels platforms to boost government-preferred media in algorithmic feeds, the effect on a government-disfavoured speaker or media source's reach is not meaningfully different than outright removal. Furthermore, such a mandate could establish a template authoritarian regimes could invoke to justify more control over online content."

The News Media Association also said: "This would be incompatible with a free Press, and represent Press regulation by the back door."

The Department for Culture, Media and Sport said: "We believe in free expression and fair competition. Any action will ensure these are protected."

The Sun Says — Page Ten

LOPEZ IS JEN RED

By JACK HARDWICK

POP star Jennifer Lopez keeps the summer vibes alive with a red-hot look.

The singer and actress, 57, wore a bright cherry-coloured plunging maxi-dress with open-toed heels as she went for a meal in her native city of New York.

The mother of two was joined by her long-time manager, Benny Medina.

Picture: BACKGRID

Backing . . . Messi

Prem 'in sponsor alerts fail'

By MIKE SULLIVAN

THE Premier League ignored "four red flags" about a crypto company sponsor before signing a deal, a court heard.

Concerns were raised by the Gambling Commission on French start-up Sorare, backed by Lionel Messi and Kylian Mbappé, before its 2022 deal with the league.

Sorare — which runs a fantasy football game in which players assemble squads from digital cards — is accused of running gambling without a licence, which it denies.

The National Crime Agency got a court order last year to freeze more than £10million in a Premier League account.

Nicholas Yeo, KC for the League, told Westminster JPs the NCA had "not established reasonable grounds" to suspect the cash was "from UK revenue of Sorare".

A judgment on whether funds can remain frozen will be delivered Friday.

102-yr-old fatal push

A MAN aged 102 allegedly pushed from a pub stage died after suffering a broken hip, an inquest was told.

Great-grandad Phillip Ormerod asked for the music to be turned down during rock band Super-Hans' gig last month.

But the dementia sufferer was allegedly shoved away and hit the floor at the Crow's Nest pub in Cwmbran, Torfaen.

He died 11 days later in hospital. A 56-year-old man of Llanelli, Carmarthenshire, was arrested on suspicion of assault.

The inquest at Gwent coroners' court was adjourned while the police investigation is taking place.

Jailed for rape lies

A TRANS woman has been jailed for seven and a half years for falsely accusing six men of rape.

Khloe Simmonds, 26, made bogus claims between 2018 and 2026.

At one point she was behind one in 40 serious sex assault allegations in Harrow, North London.

DNA and other evidence disproved her claims.

One accused man said: "My world collapsed."

Simmonds, born as Troy, was sentenced at Harrow crown court after admitting eight counts of perverting justice.

PARK THE BUS

Bus drivers in London can stop if their cabin is too cold or hot after 35 minutes, under a deal by Unite union and Arriva.

ECCLESTONE HELD AT AIRPORT

Held up . . . Bernie and wife Fabiana in 2013. Left, shotgun (not his)

‘Shotgun? It’s just for clay pigeon shooting’

— BERNIE ECCLESTONE, YESTERDAY

By NICK PARKER

BERNIE Ecclestone was quizzed at an airfield over a gun he claimed he had for clay pigeon shooting.

The former F1 chief, 95, said there was “wall-to-wall aggravation” at the aerodrome in the resort of Cascais, Portugal.

He had flown in on his private jet from Switzerland with wife Fabiana Flosi, 49, when a routine search of his case uncovered his shotgun.

The billionaire tycoon, now at his £35million home in Cascais, said: “I had a gun I was bringing over from Switzerland to Portugal for clay pigeon shooting. It’s as simple as that.

“I have guns at home there that are licensed. We cleared customs on arriving here – I know the guys there – and they were fine with everything. No problems. Then a policeman afterwards asked to search the bag.”

When the weapon was found, he was asked if he had the correct papers but told them: “I never travel with documents like that.”

He went on: “They said they’d arrest me but, after what seemed like hours, we sorted it out. But it has been wall-to-wall aggravation.”

Being caught with the weapon could mean jail. But a possible fine of up to £5,151

Gun . . . Seecamp like Bernie’s in 2022

is more likely for the magnate, who is worth about £2billion. He is now at his Cascais palace – believed to be Portugal’s most expensive private home – while his wife tries to resolve the issue.

He said: “Fabi has gone to Lisbon to surrender the gun, or pay the tax or whatever you need to bring it in, or to hand it over in the end.

“I said I would go, too, but I didn’t as it happened, and I am sitting at home waiting.”

A Portuguese source told The Sun: “It’s looking like an error which will end up with a fine, which obviously won’t bother Bernie Ecclestone.

“He kept his cool when the shotgun was found and there was no kind of altercation – but it’s still a potentially serious matter.”

In 2022, he was stopped in Brazil for possession of an LW Seecamp .32 handgun as he boarded a private jet. He later said he bought it as a deterrent against muggers.

In 2023, he avoided a prison sentence for tax fraud after agreeing to pay £652.6million to HM Revenue and Customs.

Portuguese police last night denied reports they arrested Mr Ecclestone. A spokesman said: “Our border control officers haven’t made the arrest that’s being attributed.”

Portuguese customs and Mr Ecclestone’s legal reps were approached for comment.

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STOUT SEARCH

A HUNT for more than 800 barrels of stolen Guinness is continuing after the lorry trailers they had been on were found.

The £115,000 haul, estimated to be about 70,000 pints, was taken on August 31 from a depot in Runcorn, Cheshire.

The empty trailers were abandoned 30 miles away, one in Skelmersdale, Lancs, and the other five miles outside the town.

FANS GO MAD FER OASIS FILM

bizarre PAGES 18 & 19

ALE SEWN UP

A 26FT-long Beer Tapestry has been unveiled to rival the Bayeux masterpiece.

Starting in 1066, it charts the tale of the pint beginning with a thirsty William the Conqueror celebrating his victory.

Created by brewery Greene King, it has been hung at the Museum Tavern in Bloomsbury, London, opposite the British Museum where the original is on show.

HUNDREDS IN NEW CLASH

Fears of new migrant route to UK over Channel

By ALEX WEST, MARTINA BET and THOMAS GODFREY

PROTESTERS clashed with police yesterday as a packed mega-dinghy made a record 70-mile Channel crossing from Normandy to spark fears a new frontier was opening for illegal migrants.

About 500 responded to calls from far-right leader Danny Thomas to head to Portsmouth as French authorities warned smugglers would make far more attempts at the long-distance journey.

The group, many in balaclavas and answering calls to join Thomas's Patriot Platform, headed to Eastney where 50 riot police formed a line to protect coaches waiting to take the migrants to the Manston processing centre in Kent.

A fence was knocked down as some of the group, who were chanting and throwing missiles, tried to get into a marina before the buses finally left at 3am, with some protesters following in cars.

Resident Sue Dewey, 68, described it as "the closest I've ever been to an insurrection".

Reform UK leader Nigel Farage last night said Britain was "on the edge of serious civil disturbance".

The mega-dinghy, with 140 on board, had set off from Jobourg, 170 miles from the usual crossing departure points near Calais.

It was the first time a migrant dinghy had attempted to travel so far and it emerged that France used five ships and two helicopters to escort it into British waters before it was rescued by the RNLI from the Isle of Wight.

A source said the 46ft rubber vessel started drifting dangerously when an outboard motor failed about an hour into its journey.

The French coastguard gave life-jackets to the migrants, who included 20 women and eight very young children, and waited for the engine to be fixed.

A French search and rescue source said: "We asked who wanted to be rescued. No one did. Only a few had life-jackets, which was incomprehensible. They were risking their lives without them.

"A second outboard motor was made to work, so the boat could continue on its voyage to Britain."

He said police did not patrol Jobourg as nobody would expect a boat to leave from such an isolated, rocky spot. The Maritime Prefecture for the English Channel and North Sea said the escort operation had been essential as forcing migrants on to rescue boats from a "structurally fragile" and overloaded vessel could cause a "shipwreck".

The search and rescue source said the smugglers had been forced west as they were losing the battle with the authorities around Calais and Dunkirk.

He said: "The beaches are far less patrolled there. We fully expect far more of these boats to make the voyage from now on."

In Portsmouth yesterday, Thomas confronted Reform Party home affairs spokesman Zia Yusuf, who told him there was "never any excuse for violence against police". Former soldier and brickie Thomas has raised £10,000 through his Patriot Platform website where backers are told: "This is not a place for spectators . . . together, we will take our country back."

He said yesterday: "It's no longer an option to tell us the boat numbers are down. This has to come to an end now."

The migrant mega-dinghy took 14 hours to complete its journey, passing close to the Isle of Wight.

Local MP Joe Robertson called it "deeply concerning", adding: "We're a long way from France and much further west than Kent but it doesn't seem to have deterred them." Hampshire police and crime commissioner Donna Jones said Labour must ensure the southern coast was secure to avoid a repeat.

Sunday's protest came after hooded Patriot Platform protesters set up a barricade outside the port of Dover on Saturday demanding an end to small boat crossings.

A woman called Jacquetta Morris posted a picture of herself on a train surrounded by them and wrote: "Safest train in the world."

PM Andy Burnham said there was a "responsibility to prevent the politics of poison seeping into our streets". He added: "There's a lot at stake. It requires us to counter fear with positivity and hope."

But Reform's Mr Farage warned Labour would be responsible for the "outpourings" being seen on streets unless it got a grip. He said "This is a serious situation, it's about to get significantly worse."

The Home Office said: "The right to peaceful protest is fundamental to our democracy, but it must never cross a line into disorder."

It said 625 small boat migrants arrived on Sunday, taking the total to 15,897 this year – down 43 per cent on the same time last year.

NIGEL Farage says he will ban face coverings in public, including masks designed to "intimidate" and religious ones. He said: "We've somehow accepted seeing masked people in streets is just part of modern Britain. It shouldn't be."

The Sun Says — Page Ten

Clash . . Thomas and, right, Zia Yusuf in Portsmouth

Post . . . train passenger called Patriots 'lovely'

Cops in 3am stand-off with 'Patriots' protesters

It's time to get a grip

By **CHRIS PHILP**
Shadow Home Secretary

ILLEGAL immigration is completely unacceptable. Even a single dinghy crossing the Channel with illegal immigrants is a fundamental problem that needs ending, let alone the nearly 20,000 that have crossed this year alone.

The public are rightfully outraged, but the thuggish behaviour we saw over the weekend is unacceptable.

This is not the way to deal with the small boats crisis, but Labour are still failing to get a grip. Andy Burnham pretends there is no problem but whenever the Channel is calm he is proved wrong.

The only way to stop the small boats crisis is through a proper deterrent.

That is the Conservatives' BORDERS plan.

It will see Britain leave the ECHR, deport all illegal immigrants to their home country or a safe third country, and make sure that anyone who arrives here illegally cannot claim asylum.

We need to be much tougher and completely change our approach. The current system is failing and the public have had enough.

BATTLE OF NORMANDY

OVER MEGA-DINGHY CRISIS

Clash . . . 'Patriots' and cops. Below, RNLI rescue ship

ASYLUM SYSTEM FULL OF ERRORS

Even UN agrees!

By EMILY-JANE HEAP

MIGRANTS are being granted asylum even when they may not be entitled to it, UN investigators have warned.

A probe by the organisation's Refugee Agency found serious flaws in Home Office interviews used to decide who is allowed to stay in the UK.

Officials warned rushed questioning meant asylum was at risk of being wrongly granted to people who do not qualify – while genuine refugees could be rejected.

UN officials examined 60 interviews and cases and found the full basis of an applicant's claim was still unclear after questioning in nearly a third of interviews studied.

They uncovered a "failure to probe material facts", too many closed questions and interpreters summarising migrants' answers instead of translating them fully.

They warned this created a "real risk" of genuine refugees being rejected while others were granted asylum despite not qualifying.

Blasted . . department

Shadow Home Secretary Chris Philp said: "The UN – hardly a hostile witness – has told the Home Office that it is granting asylum to people who are not entitled to it.

"Last year alone 58,000 people were granted asylum or leave to remain, a ten per cent increase on the year before, and the highest number of initial decisions since records began."

Meanwhile, a Government whistleblower has claimed just one in 100 asylum claims are genuine and many "use the same script".

The Home Office insider, who has assessed thousands of applications, said he and his colleagues have encountered hundreds of Iraqi Kurds purporting to be in a relationship with the daughter of Kurdistan's prime minister.

The number is so high that it has allegedly become a "running joke" among officials.

He also told The Times that hundreds of Pakistanis claim to fear for their lives because they are in a gay relationship with the same man. Multiple claims feature photos of "topless guys in a club with their arms around each other trying to prove they're gay".

Stamp Out Asylum Fraud — Page Ten

FAR-RIGHT WIN 'SHOCKWAVE'

By NICK PARKER, Foreign Editor

ANTI-immigration party Alternative for Germany has sent shockwaves across Europe with the nation's biggest far-right election win since the rise of Adolf Hitler in the 1930s.

The AfD easily took the eastern regional election in Saxony-Anhalt with 44 per cent of the vote – double its share of five years ago.

The extremists were three seats short of an outright majority and were struggling yesterday to find coalition partners to secure control of the 83-seat parliament.

AfD regional leader Ulrich Siegmund, a former perfume salesman, said the result will "shake all of Germany". Reform UK chief Nigel Farage spoke at an AfD rally in 2017.

THE Sun SAYS

Justified fury

IS it any wonder that there is such widespread public fury at Britain's broken borders?

It suits ministers to dismiss the protests in Portsmouth this weekend as "thuggery", pointing to the participation of some masked yobs. But the anger of decent, law-abiding folk **IS** rising.

Voters are in disbelief at reports that the Home Office presides over a system in which **99 PER CENT** of the evidence put forward by asylum-seekers is **FAKE** and often read from identikit scripts.

They are sick of judges in immigration courts granting the right to remain to violent foreign criminals.

Above all, there is outrage that among eight boats carrying 625 migrants on Sunday was a mega dinghy **ESCORTED** 80 miles to our shores by five French rescue boats and two helicopters.

What is the point of Britain paying £1billion to crack down on people-smugglers in Calais if the French authorities undermine those efforts as soon as the gangs change tactics?

Whatever Andy Burnham may claim, Labour's approach so far reeks of complacency.

Reeves 2.0

DOES John Healey really think Labour can carry on taxing the country to death and still get economic growth?

Andy Burnham has promised voters the biggest change in 40 years.

But the Chancellor's first speech yesterday delivered more of the same gruel served up for two years by his predecessor Rachel Reeves.

Moaning about Britain paying the "Truss penalty" is an increasingly tired act, especially as the cost of Government borrowing is **HIGHER** under Labour.

Burnham and Healey look set to make the same fundamental mistake as Reeves and Keir Starmer: borrowing more while doing nothing to cut welfare.

Yesterday, Jaguar Land Rover confirmed 4,000 job losses and hedge fund tycoon Chris Rokos – who paid **£330MILLION** in tax last year – quit Britain for good.

Healey's pledge to make "Great Britain, Growth Britain" won't ever be more than a meaningless slogan while Labour taxes everything in sight.

Censor alarm

WE cannot afford to live in a country where the Government decides what kind of news is good for the public.

Plans to give the Government influence over which news sources citizens have fed to them by online algorithms have led to the US issuing an extraordinary official warning that Britain would be "facilitating" censorship.

In a world of dangerous disinformation spewing on social media, a healthy free Press is more important than ever.

Ministers forget this at their peril.

JUST 1% OF CLAIMS ARE 'GENUINE'

Asylum fraud must be stamped out... just like any other scam

By **ROSS CLARK**

IMAGINE, say, if evidence emerged that 99 per cent of claims for some kind of business tax relief were found to be fraudulent.

The Chancellor would abolish the relief in a moment, and HMRC would carry out mass prosecutions.

Where, then, is the outrage from the Government following the revelations of a Home Office whistleblower, who exposed widespread fraud in the asylum system?

Speaking on the condition of anonymity to The Times yesterday, he claimed: "At best, one per cent of asylum seekers are genuine.

"There's almost no aspect of the asylum system that isn't either a massive fraud or just really dysfunctional."

He then cited the case of "hundreds" of Kurds whose claim to asylum was based on them being in danger of persecution because they had been in a relationship with the daughter of the Kurdish PM.

Either she is the most prolific femme fatale in history or the asylum seekers are lying – and don't even have the imagination to come up with an original story.

Deflect attention

The whistleblower also claimed that large numbers of Pakistani asylum seekers claim to be in a gay relationship with the same man, while Bangladeshi applicants claim to be members of a dissident group but can't recall even basic details about it when pressed by officials.

These apparent cases of fraud slip through the net, the fed-up insider says, because the officials ruling on them are incentivised to give them the nod.

The decision to grant asylum can be dealt with in minutes, yet a refusal means vastly more bureaucracy.

Apologies if I have missed something, but all I have heard from the Government so far is condemnation of the anti-migration protesters who turned up at Dover and Portsmouth over the weekend.

Chief Secretary to the Treasury, Emma Reynolds, described them as "thuggish and intimidating".

It is true that no protesters, whether they are anti-migration ones or Just Stop Oil ones, should be blocking roads and stopping people going about their lawful business. Anyone who does this deserves to be arrested and charged with public order offences.

Nevertheless, the Government can't escape its failures over migration by trying to deflect attention.

The reason the protesters travelled to Portsmouth is because a boatload of 140 illegal migrants turned up, after travelling from near the French port of Cherbourg.

And it isn't just illegal migrants who are taking us for a ride, but French border authorities, too.

In April, our own government agreed to pay the French £662million over three years to stop the boats, supposedly using drones and riot police.

Yet French officials claimed they had to let the boat sail because it would have been too dangerous to try to stop it once it was in the water.

Andy Burnham's government keeps trying to claim credit for a fall in the numbers of migrants arriving in small boats over the past year – much of which simply reverses the spike in arrivals during the Government's first year in office.

HOSPITAL BOMBER ... Al Swealmeen

Ministers don't like to admit one of the main causes of the drop: A fall in illegal migrants arriving on Europe's southern shores thanks to the tough policies of Giorgia Meloni's Italian government.

She has done deals with African countries to stop boats leaving and sent asylum seekers for processing in Albania,

If there are fewer asylum seekers arriving in southern Europe, there are fewer to travel northwards.

However, with Spain becoming a soft touch under its socialist government, we can't assume the numbers won't rise again. We need to be cracking down ourselves.

Action rarely gets taken on false asylum claims because we have a powerful pro-asylum lobby which tries to make out that everyone who gets on a boat to cross the Channel is "desperate".

They also like to claim that migrants will be an asset to our economy.

Well, accepting large numbers of fraudsters into the country is not going to benefit the economy.

It isn't just the Home Office whistleblower who is telling us what is going on.

In April, a BBC investigation revealed an industry of crooked lawyers who are charging asylum seekers thousands of pounds, in some cases, to help them pretend to be gay.

One man was told that once he had successfully convinced authorities that he was gay, his wife could get into the country, too – by claiming to be a lesbian.

Taking the mickey

Then there are the multiple cases of fake Christians who have managed to convince a dopey vicar that they have converted from Islam – like the failed Liverpool Women's Hospital bomber Emad Al Swealmeen, who turned out to be attending mosque at the same time as going to Liverpool Cathedral.

His case was too much even for our pliant migration officers, and yet still they failed to remove him from the country before he blew himself up.

Sorry, but I have had enough of illegal migrants taking the mickey.

Besides defrauding the UK taxpayer of billions – the asylum system cost £5billion last year, although some estimates put it at £8billion – the liars and opportunists are making it harder for people who are genuinely fleeing for their lives.

Anyone caught making an asylum claim on false information should be sent packing, whatever dangers they claim to be facing at home.

It is time we called out asylum fraud for what it is – and treated it accordingly.

Assault case . . . Joey

Barton in custody until trial next year

By RICHARD MORIARTY

EX-footballer Joey Barton has been refused bail and is to remain in custody until his assault trial next year.

The former Manchester City midfielder, 44, has been in custody since he allegedly attacked Kevin Lynch, 51, at a golf club on Merseyside in March.

Yesterday, Barton, of Widnes, Cheshire, appeared at Liverpool crown court via video link from prison. His trial was to begin two weeks ago but was adjourned until March following a defence application to identify and interview more potential witnesses.

Tim Forte KC, representing Barton, applied yesterday for him to be released on bail until the trial. But Judge David Potter refused.

A pre-trial hearing was fixed for December 11.

Barton is charged with causing grievous bodily harm with intent.

'Bed-bound' . . Newall

Ket user on drug drive rap let off jail

By WILL BARKER

A WOMAN who was arrested twice while eight times the drug-drive limit has been spared jail.

Lucy Newall, 30, has now racked up five convictions for driving under the influence of ketamine in the past three years.

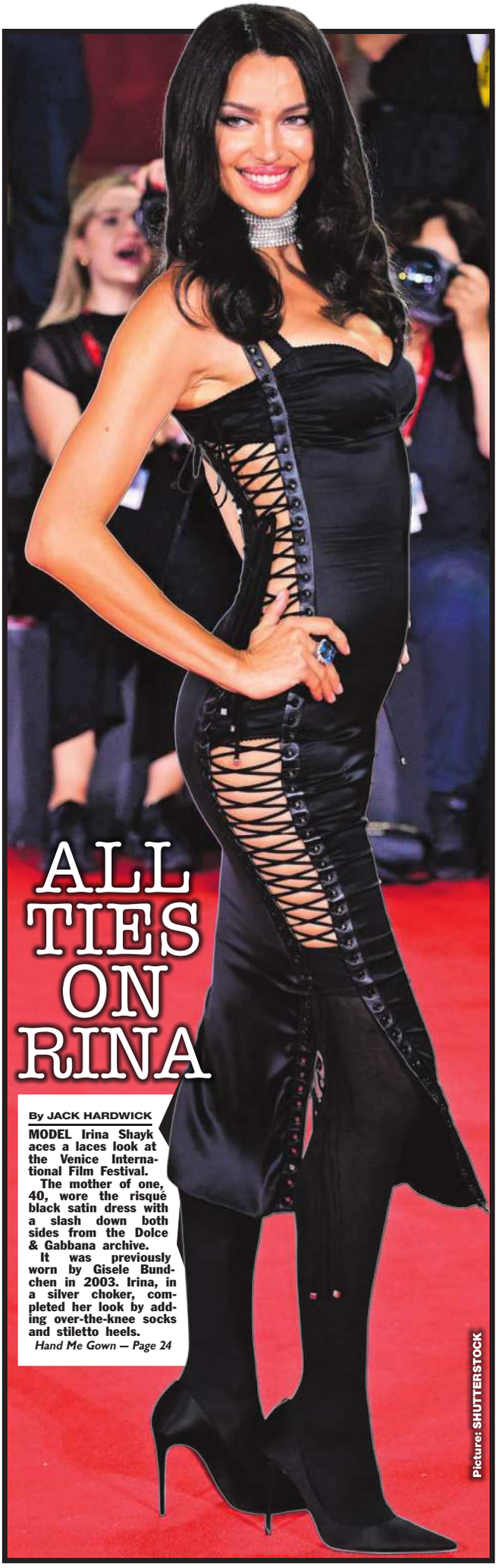
She started taking the Class B party drug while in an abusive relationship, a court heard.

She is now said to be regularly bed-bound with pain and bladder issues.

At Liverpool magistrates' court yesterday, Newall admitted drug-driving in the city on January 3 and in Kirkby, Merseyside, on March 11.

The care company manager, from Southdene in Kirkby, faced 12 weeks in jail but the judge took her health problems into account and ordered her to attend a nine-month drug rehabilitation programme.

She was banned from driving for five years.



ALL TIES ON RINA

By JACK HARDWICK

MODEL Irina Shayk aces a laces look at the Venice International Film Festival.

The mother of one, 40, wore the risqué black satin dress with a slash down both sides from the Dolce & Gabbana archive.

It was previously worn by Gisele Bundchen in 2003. Irina, in a silver choker, completed her look by adding over-the-knee socks and stiletto heels.

Hand Me Gown — Page 24

Picture: SHUTTERSTOCK

EXCLUSIVE

Whatever happened to all the Heroes?

LESS CHOCS FOR MORE

By THOMAS GODFREY
Data Journalist

TUBS of Heroes, Celebrations and Roses have been cut in size by up to a quarter — while their price has soared over the past five years.

The festive favourites have been crushed again this year, capping half a decade of shrinkflation misery.

A Sun investigation found tubs of Cadbury Roses and Heroes weighed 600g in 2021 but have been slashed to just 475g this year.

It is a 21 per cent fall in size, while the price has gone from £4 to £7 at most supermarkets – making it far worse value.

Celebrations tubs have gone from 650g to 500g.

Parent company Mars Wrigley brought in 500g tubs alongside 550g ones last year. But this year it discontinued the 550g ones.

It means 150g of sweets, – roughly 16 of the 9g chocs, have been cut to save costs.

A 650g tub cost £5 in 2021, or £7.69 a kilo. But the price is now £7 for 500g, or £14 a kilo, almost half the value for money.

Nestlé's Quality Street has dropped from 650g to 550g, but has gone from £5 to £7.

It comes despite a drop in the price of cocoa. Consumer expert Martyn James said because of that, shrinkflation and price rises were no longer justified. He said: "It's simply greed and consumers are rightly furious."

Cadbury owner Mondelez said it faced "significantly higher supply chain input costs". Nestlé and Mars were asked to comment.

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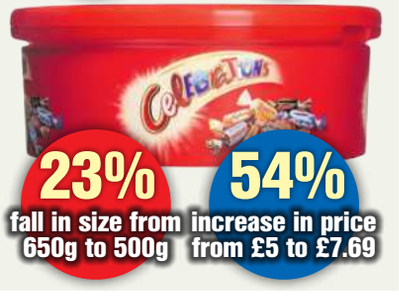


'Revenge' . . . Akhtar

Barrister jailed for plot to kill gangster

By MIKE SULLIVAN

A "ROLE model" barrister has been jailed for plotting a revenge attack with her gangster client.

Samreen Akhtar, 38, was recorded encouraging career criminal Tabish Ali to hunt down a rival who had shot him during a drug gang feud.

Ali killed Jamal Nedd in Huddersfield, West Yorks, in December 2020 and was convicted of his murder in July 2022.

Akhtar – once hailed as a role model for aspiring lawyers from disadvantaged backgrounds – was arrested in February 2022 and charged a month later with encouraging grievous bodily harm.

She denied the offence but was convicted by a jury following a five-day trial in June this year.

Yesterday at Manchester crown court, Akhtar, of Huddersfield, was jailed for three years and three months. She has already been suspended from practising law.

Illegal . . . hippy crack

Laughing gas find in deaths crash car

EXCLUSIVE by MIKE SULLIVAN, Crime Editor

CANISTERS of hippy crack have been found in a car involved in a crash that killed two cyclists.

The Ford Focus allegedly hit a group of riders from behind, leaving a man in his 60s and a woman in her 50s dead.

The driver allegedly ran from the scene but was arrested half an hour later with his brother.

The pair, aged 20 and 21, were arrested on suspicion of causing death by dangerous driving. A woman, 19, is suspected of assisting an offender.

All three were still in custody last night after the crash in Cobham, Kent, on Sunday.

Hippy crack, otherwise known as nitrous oxide or laughing gas, is illegal for recreational use.

A source said: "Police are investigating whether the driver was under the influence of nitrous oxide at the time of the crash."

RECORD NUMBER OF SHOWS AND

Ant & Dec on TV 24

EXCLUSIVE by ROD McPHEE, TV Editor

JUST 12 months ago, it looked like Ant & Dec's reign as the kings of TV presenting could be coming to an end.

But a year on, it seems they were just getting started.

Last September, the Georgie double act – and many watching at home – were left reeling when at the National Television Awards they finally failed to claim the Best Presenter gong.

After winning it jointly for 23 years, they were beaten to the honour by Gary Lineker.

It hurt them all the more because the TV awards are voted for by the viewing public and cheeky Ant & Dec have long been seen as the people's presenters.

But as the results of the 2026 NTAs are counted ahead of a glittering bash at London's O2 Arena tonight, they are now favourites to reclaim the award that for so long they made their own.

Better still, it comes as the pair prepare for a career peak next year which will see them appear in a seven different shows, with a total of 70 episodes.

The latest of those shows, I'm A Celebrity: The Wild Frontier, has finally been confirmed by ITV after we first revealed in May that it had been commissioned.

A TV insider said: "Bagging themselves yet another massive TV project is an incredible feat for Ant & Dec, who many people thought might have started winding down once they reached their 50th birthdays last year.

"After all, a lot of their charm and charisma was based in the fact they were happy-go-lucky Geordie lads who most viewers will recall as fresh-faced teenagers on *[Geordie teen drama]* Byker Grove.

"And a lot of their appeal was that they retained an air of mischievousness and cheekiness that made for a winning formula when it came to fronting entertainment shows.

Crazy-golf show

"But far from giving in to the fact that they're now middle-aged, they've become more adventurous and hard-working, experimenting with ambitious and playful TV projects.

"They're doing more, not less, and diversifying at a time when lots of presenters may have thought it best to start taking things easy.

"It's partly down to the fact they don't take things for granted and, especially since becoming parents, are more appreciative of their lives and careers than ever before."

Ant became a dad to son Wilder in 2024, with wife Anne-Marie Corbett, while Dec and wife Ali Astall have eight-year old daughter Isla and four year-old son Jack.

But starting families certainly has not seen them slow down in their careers. In fact, 2027 will be their busiest TV year ever.

As well as fronting 14 episodes of Britain's Got Talent, which usually runs for three months in spring, ITV recently announced the pair will mark 20 years of BGT by hosting a new series of spin-off BGT: The Champions which last ran in 2019.

That will be on top of them doing 22 episodes of I'm A Celebrity . . . Get Me Out of Here! in Australia from November to December, and I'm A Celebrity: The Wild Frontier which is expected to run to 16 episodes around spring of next year.

They also have another five-episode run of their quiz show Limitless Win in the pipeline, and three episodes of the travel show Accidental Tourist they make with pal Stephen Mulhern, – not to mention their new crazy-golf gameshow Holey Moley which is likely to run to four episodes.

The huge variety of programmes is a deliberate ploy. Dec once explained in an interview: "Whenever we're thinking of new shows or new projects for ourselves, we always think about how do we appeal to the whole family? How do we get that?"

As well as powering on with their long-running shows on prime-time ITV, they are also trying to attract younger viewers with their YouTube channel, Belta Box.

It already boasts 745,000 subscribers – not bad since they launched only in January of this year.

Since then, they have posted almost 1,000 videos on there, including their podcast and brand new footage as well as old clips from the finest moments of their glittering career together.

Another TV insider said: "What's really impressive about Ant & Dec is that they haven't just rested on their laurels, and projects like their YouTube channel show they have their finger on the pulse.

"They can spot changing trends and keep up with them in their own way, which means the great TV gods are reminded that they're pros who really know what they're doing.

"Another reminder came earlier this year with the infamous final of I'm A Celebrity South Africa when things kicked off between Jimmy Bullard, David Haye and Adam Thomas.

"Ant & Dec somehow managed to keep things on the rails even though it was an incredibly tense moment on live TV. They handled it well.

"That's one of the areas where they are perhaps underestimated because everyone knows them as those happy-go-lucky lads from Newcastle.

"In fact, they're just unassuming pros, with decades of experience of making TV under their belts.

"The TV executives know that only too well."

That is why last year Ant & Dec landed another megabucks three-year contract with ITV. It is estimated to be worth £30million and believed to be the last golden handcuffs deal left in telly.

Clearly, channel chiefs are not at all put off by their advancing age.

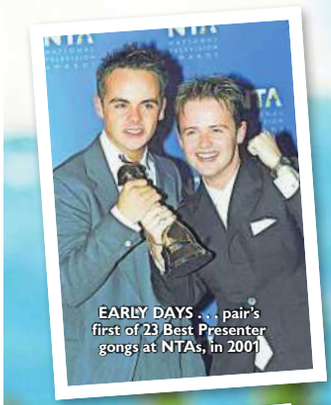
Once upon a time, for both men and women, being middle-aged meant fitting neither of the main types for TV presenting – bright young thing or distinguished veteran.

Gen Z viewers

But in recent years there have been many fiftysomething stars who have blazed a trail in the world of light entertainment – Davina McCall, Amanda Holden, Tess Daly, Claudia Winkleman and Emma Willis.

Now it is the turn of the men, who are also hitting their stride as they hit the milestone big 5-0.

Following Ant & Dec into being hugely successful in their fifties are



EARLY DAYS . . . pair's first of 23 Best Presenter gongs at NTAs, in 2001

CHEEKY . . . duo front I'm A Celebrity South Africa earlier this year. *Below*, winner Gary

WILD THINGS . . . Ant & Dec in Canada for Sunday's launch of I'm A Celebrity: The Wild Frontier

DUO ARE SET TO RECLAIM NTA CROWN

comedians Michael McIntyre, Alan Carr and Lee Mack. Turning 50 does not mean you can only read the news or present the weather – and research shows even millennial and Gen Z viewers often tend to warm to older presenters.

Proof of this can be found in the fact that Ant & Dec are in the running for more than just the Best Presenter award at the latest NTAs.

They are also nominated in the Best Quiz category for Limitless Win, which they launched just four years ago and has already run for five seasons.

Two of their other big shows – I'm A Celebrity . . . Get Me Out of Here! and I'm A Celebrity South Africa – are both nominated in the Reality Competition category.

Meanwhile Britain's Got Talent, which Ant & Dec have presented since it launched in 2007, is also up for honours, in the Talent Show category. Indeed, none of these ratings giants would be what they are today without Ant & Dec front and centre.

Far from looking like they are facing being laid to rest, they are instead getting new series, spin-offs or both.

Dec once said: "There are less of those big-scale shows around so to get one of those is a kind of holy grail.

"Maybe ten years ago, you'd just roll through it and just write another show and you're not as present. Maybe it's about getting older and having kids."

Ant added: "We're more grateful for it now than we were when we first started hosting those shows because we've got families of our own and we've grown up.

"We've gone, 'God these are important, and it's important to keep these going because they are getting fewer and fewer."

But he said: "We never stop on a daily basis and go, 'This is crazy, isn't it?' You just kind of get on with it. you just kinda roll with it and do the next project and enjoy what you do."

"I think the older you get and the longer that you've been doing it – and this is really genuine – the more grateful you are for what you do.

"I'm more grateful, now, doing these shows."

LADS' LATEST SERIES HIT BY BEAR SCARE

EXCLUSIVE by FELICITY CROSS

A BEAR attack has rocked the I'm A Celebrity: The Wild Frontier camp – as hosts Ant & Dec and contestants including Louise Redknapp are left looking over their shoulders.

It came just hours before Ant & Dec were on site to shoot a launch video for the new I'm A Celebrity spin-off series on Sunday.

Strictly star Louise and fellow celebs including ex-England footballer Rio Ferdinand, ice-skating great Sir Christopher Dean, Westlife singer Brian McFadden and Boyzone's Keith Duffy began filming yesterday.

A ring of steel has now been put around the camp in the Canadian wilds, after a woman trekking in the area was mauled by the bear on Friday evening.

Our shots show an electric fence and warning sign erected to protect the ITV show's line-up, who also include boxer Tyson Fury's daughter Venezuela, and influencers Paul Olima and Jeremy Lynch.

There is round-the-clock security – and a food locker, to keep tasty treats away from curious bears.

Tourist trekking trails in the Callaghan Valley have been temporarily shut down after the bear attack.

The injured woman was airlifted to hospital.

An adult black bear later found at the attack site has been killed, due to safety concerns. But many black bears, and eight grizzlies, are know to prowl the area.

The Wild Frontier will be screened next year, after another regular I'm A Celeb series starts this November.

But contestants will also have to contend with the biting cold in Canada.

As Ant & Dec shivered on camera on Sunday, against a backdrop of the Whistler Olympic Park, the temperature fell to 5C.

Ant said: "Guess where we are. No, it's not Center Parcs. We're in Canada!"

Dec added: "We are filming a brand new series from the I'm A Celebrity team, I'm A Celebrity: The Wild Frontier. It's an exciting format, loads of new trials and challenges."

The celebrities will be in six pairs. So, boyband stars Brian and Keith, and influencers Paul and Jeremy will team up, while Louise is joined by her brother, and Christopher, Rio and Venezuela by their off-screen other halves.

Danger lurks

Ant said of the I'm A Celeb special: "The twist is, to take part you have to enter as a pair, compete as a pair.

"And those duos better be ready because out here in the wilderness, danger lurks around every corner. One word – bears."

We revealed in May that the new show had been commissioned, and have shared snaps of the camp being prepared.

The bear attack was reported by local officials, after a group of three hikers met two bears and one struck before disengaging.

Rescue crew flew in and gave first aid before airlifting the woman.

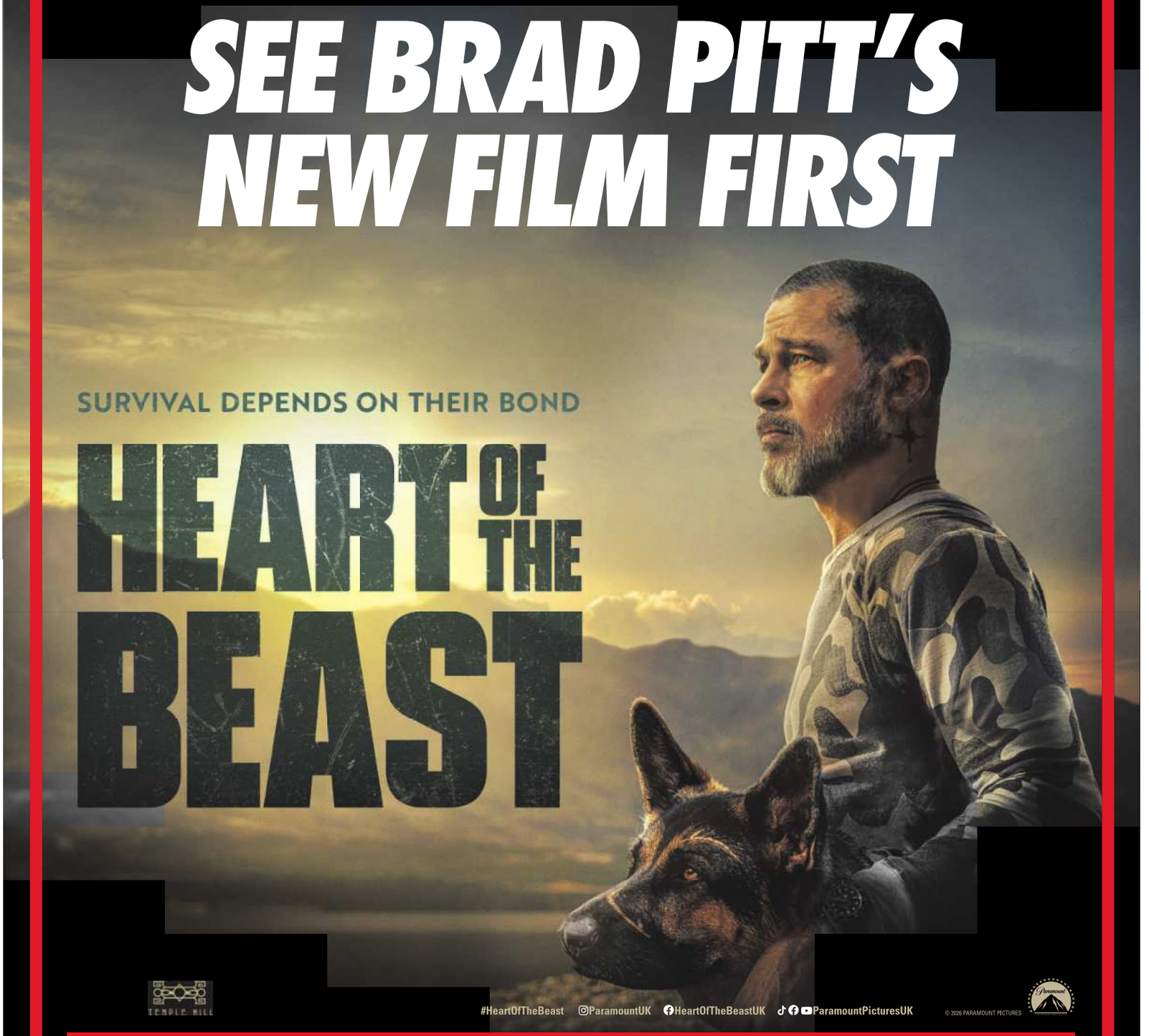
Bears are now carb-loading for winter, and are at their most savage.

So, Louise and Co, you had better keep your snacks close.

CAMP ALERT . . . singer Louise. *Above*, bear warnings and protective fence

THE Sun

SEE BRAD PITT'S NEW FILM FIRST



Fancy seeing a major Hollywood movie before anyone else? Get up to four tickets for an exclusive screening on Monday, September 21, before Heart of the Beast hits cinemas on September 23. Collect one Sun Savers code or join Sun Club for just £1.99 a month to book at one of 20 UK locations.

STARTS THIS SATURDAY ONLY IN THE Sun

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Clemmie Moodie

clementine.moodie@thesun.co.uk

Miriam gets away with being so offensive just because she is a leftie

"WHAT are you?" demanded Miriam Margolyes, peering at Andi Peters as if he were a rarified exhibition piece in a museum.

"You're a mix: You've got a black daddy and a white mummy?", she continued, unabashed, as producers at This Morning spiralled from the gallery.

And then the racist piece de resistance. "I think you're high yalla . . . that's what they call it in America, when someone isn't deeply black."

For anyone unfamiliar, "high yalla" was commonplace in the 19th century Deep South to describe a lighter-skinned black person.

It basically went out with the "n" word and "pickaninny". Unless, that is, you're Miriam Margolyes.

Poor Andi, visibly shocked at being probed about his racial heritage in 2026, deserves an NTA for remaining so calm. He was, and is, a true pro.

After informing her his parents were, in fact, both black, he laughed gamely, and desperately tried to shut Miriam up/move the conversation on.

Co-host Christine Lampard, meanwhile, looked like she had left her body. With a rictus grin, this was a woman witnessing car-crash TV in real time. She didn't have the first clue of how to steer the rico-cheting trio away from danger, and instead sat there, mute. But who could blame her?

Say the wrong thing as a white, straight, middle-class woman and that's her cancelled. No more cushty daytime numbers for Mrs Lampard. Unlike our Miriam.

GOBSMACKED . . . Andi with guest Miriam

On Sunday night, Miriam went on to dig herself in even deeper by insulting disabled people, too.

During an audience event to promote her memoir, Miriam's Full English, she mused: "How do black people feel? How do brown people feel? How do cripples feel? How do fat people feel?" The actress insisted she "didn't want to embarrass or hurt Andi because he seems very nice".

She is a woman seemingly incapable of cancellation. This, though, is because she is a darling of the Left. And don't get me wrong, she can be brilliant and irreverent. As an 85-year-old Jewish lesbian, she's long been regarded as a charming and quirky luvvie, one who plays up to being unfiltered.

But there is absolutely nothing loving about hate speech.

In 2020, after Boris Johnson fought for his life in hospital with Covid, she quipped she had "wanted him to die".

Two years later, she appeared on BBC Radio 4's Today programme after former Chancellor Jeremy Hunt.

She told listeners: "When I saw him there, I just said, 'What a hell of a job, the best of luck'.

"And what I really wanted to say was, 'F*** you, b****rd', but you can't say that."

Except you can if you are Miriam because being left-wing and eccentric is somehow OK. Imagine, say, Piers Morgan, Boris J or JK Rowling describing someone as "high yalla". Game over, chaps, collect your metaphorical P45s. This is not the first time, either, that Miriam has courted controversy with comments concerning race. In 2012 the internet went into overdrive when she met will.i.am on the Graham Norton Show, claiming she was "fascinated" by him.

"Unfortunately, I don't know many black people," she added.

"We don't get to meet across the colour line much except in showbusiness and that's what's so nice."

While briefly speechless, the rapper took her comments well, and the pair struck up a genuine rapport.

But viewers were less impressed.

Do I think Miriam is racist? No. But, unquestionably, she has used racist language and that is unacceptable.

Ultimately this is a smart, independent woman who studied at Cambridge. Ignorance is no excuse and neither is age. She's had decades to self-check and revise her behaviour. But no.

I do not believe in cancel culture, rape, murder, et al aside. But I do believe the Harry Potter star should have been sent on several human resources courses by now.

Because, in short, Professor Sprout spouts dehumanising nonsense, time and time again. And gets away with it. Time and time again.

COURT . . . teacher Bowen

IT'S A MISS STORY

CAN someone please explain why so many female teachers are having sex with teenage boys, please?

Why? What in God's name is wrong with them?

Last week we had former chemistry teacher Sally-Anne Bowen found guilty of indecently assaulting two teenage pupils in the late Eighties.

This comes days after a former teacher, Emily Drury, was jailed for four and a half years after admitting having sex with a teenage boy.

It used to be mainly male teachers who preyed on kids. This is grim beyond belief.

meme of the week

WELL played Alan Cartridge, well played.

NOTES BORE

AS the Government finesses its social media ban for under-16s, perhaps it could take a look at WhatsApp governance, too.

Starting with an outright ban of any voice note over four minutes.

Last week my pal Danielle sent me an aural missive lasting 15 minutes!!!! and 56 seconds. People run 5k quicker. It took me four days to even summon up the energy to start listening, and three attempts to get through.

If I want to listen to a podcast, I shall.

These self-indulgent, endless voice notes need outlawing.

Pamela's natural beauty is plain to see

I AM absolutely here for feminism. Go, ladies! Yay, Simone de Beauvoir! Woohooo, Emmeline P! etc.

I'd also quite happily go on hunger strike for a couple of hours, or chain myself to a railing for a bit, should the UK, say, go back in time.

But not wearing any make-up? Absolutely not. Plus, trust me, no one wants to see that.

So, kudos to Pamela Anderson, who continues apace with her bare-faced policy – rejecting the "prison" of vanity and, apparently, embracing self-acceptance. It is also a tribute to her late make-up artist, which is genuinely touching.

The 59-year-old went au naturel in Venice on Sunday for the annual amfAR gala, and still managed to look suitably glam. As I say, I applaud such a lack of narcissism.

It's just not for me.

GLAM PAM . . . at Sunday's gala and below in Nineties full make-up

THAT SINKING FEELING

ONE for the millennials and Gen Xers, this.

And sorry, your day may go rapidly downhill from here on in.

You are now older than Stifler's Mom – she was only 38 in the first American Pie.

The Spice Girls released Wannabe 30 years ago. Ditto Peter Andre and Mysterious Girl. Mr Brightside came out almost quarter of a century ago.

The Teletubbies baby is now in her mid-thirties. Titanic was screened 29 years ago.

Ant and Dec have been hosting I'm A Celeb for 24 years. Friends ended 22 years ago.

The Nokia 3310 phone is 26. Woolworths vanished from our high streets 17 years ago.

And people who were born at the millennium are 25 years old, almost 26. Soz.

MEANWHILE, "Gen Z versus boomers – who drinks the most?", was the headline on the front page of the Times last week. Is that really a question?

Veterans 'gear up'

BRITAIN is planning a major drill to prepare its army of veterans in case of war, the Armed Forces minister has revealed.

Louise Sandher-Jones said a cohort from a "strategic reserve" of 95,000 retired troops will be called into action "on a scale we haven't seen in a long time".

It comes amid fears a war with Russia could occur by 2030.

Intelligence suggests Russian leader Vladimir Putin is waging a sabotage campaign that could lead to a "miscalculation" triggering conflict.

ROGUE ZEROES

'SAS numbers down due to fear of witch hunts'

Warning . . Sir David and badge

THE SAS is struggling to recruit because soldiers fear being prosecuted, Sir David Davis has warned.

And the ex-minister said senior officers were quitting in droves.

Tory Sir David, a former SAS reservist, said: "The Special Forces are well below strength.

"They are losing experienced non-commissioned officers and failing to recruit."

By JEROME STARKEY

The main regiment – Hereford-based 22 SAS – has lost eight warrant officers in a year. Sir David added: "That is an enormous number." The Who Dares Wins regiment faces investigations over deaths in Northern Ireland and Afghanistan.

Sir David claimed serving soldiers were now wary of going on operations owing to the risk of being prosecuted if they were called to kill for their country.

He has proposed legislation to shield troops from legal witch hunts. The Military Operations Bill is intended to replace Labour's Northern Ireland Troubles Bill which is unravelling legal safeguards designed to halt vexatious claims. Labour's former Armed Forces Minister Al Carns quit in June claiming the Troubles Bill was "unfit for purpose".

The Military Operations Bill puts time limits on investigations and demand "public-interest and compelling-evidence thresholds".

The MoD last night said it is "immensely proud of our Armed Forces" but added it is policy not to comment on Special Forces.

Majority of stores. Online may vary. Prices matched against Sainsbury's, Tesco, Asda, GB Aldi and Lidl. Prices matched pro rata & checked on comparable products from GB Aldi stores and Lidl &/or online twice weekly. Asda, Tesco, Sainsbury's checked twice weekly and monthly in store. Prices checked 24/08/26. Morrisons non-promotional prices matched to Sainsbury's, Tesco, Asda, GB Aldi and Lidl non-promotional prices. Excludes Morrisons Daily and third parties. Verification: my.morrisons.com/unbeatables. Butter 250g, £7.40/kg. Bananas, 16p per banana. Salad Tomatoes, 17p per tomato. Back Bacon 300g, £4.97/kg. Toilet Rolls, 38p per roll. Washing Up Liquid 450ml, £1.25/litre.

Reduction . . . injection

Fat jabs hope for asthma

By SAM BLANCHARD

ASTHMA patients taking diabetes and weight-loss drug semaglutide have a 40 per cent reduction in attacks, a study suggests.

The medication also leads to a 20 per cent decrease in flare-ups of chronic lung condition COPD, it was found.

Semaglutide is in weight-loss drug Wegovy and Type 2 diabetes treatment Ozempic.

Study lead Prof Chloe Bloom, at the National Heart and Lung Institute at Imperial College London, said: "The findings are encouraging but they should not change treatment decisions on their own."

She added the potential links must first be confirmed in clinical trials.

Her team analysed UK medical records of tens of thousands of people.

The Asthma + Lung UK charity described the findings as "promising".

2 killed in stabbing

AN elderly couple were found stabbed to death yesterday morning.

They died at a property in Blackburn, Lancs, where a man in his 40s has been arrested on suspicion of their murder.

The victims have yet to be formally identified but their relatives gathered with other tearful worshippers at a mosque in the town.

Lancashire Police said: "Whilst this is a fast-moving investigation, we are at the early stages of establishing exactly what has occurred and why."

DRAM-ATIC MOVE

A £30,000 bid was made for a 75cl bottle of 1928 Macallan Anniversary Scotch in a Whisky Auctioneer sale ending today.

Arthur's royal life...in his own words

ALL SMILES . . . Arthur's shot of Charles at tea party with Lorraine Kelly and Penny Lancaster in 2014

By MIKE RIDLEY

SUN snapper Arthur Edwards has spent 50 years photographing the royals – and now he's written a book detailing his incredible career.

The photographer, who is still working full-time at the age of 86, has documented 200 royal tours in more than 120 countries.

Since taking his first picture of Prince Charles at a polo match in 1976, he has covered seven royal weddings, five royal funerals, seven royal births, three jubilees and a coronation.

Arthur, who received an MBE for outstanding services to newspapers in 2003, was the first press photographer to picture Lady Diana Spencer – and he revealed she was the girl that Prince Charles would marry.

For 17 years, until Diana's tragic death in 1997, he accompanied her all over the world and went on to become her favourite photographer.

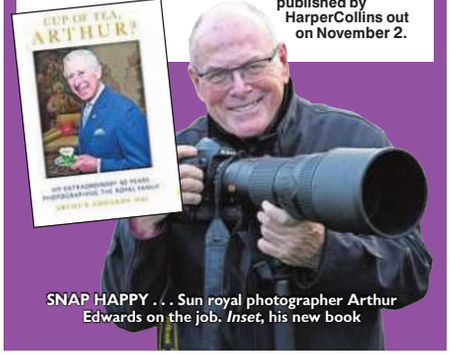
Dad-of-three Arthur is now beloved by many royals, including King Charles, Queen Camilla and Prince William.

In his new book, Arthur – branded "one of the greatest newspaper photographers in history" by former Sun columnist Piers Morgan – shares more than 100 his favourite pictures of the Royal Family, as well as his own life story.

The snapper also reveals what he really thinks of Harry and Meghan, as well as Andrew Mountbatten-Windsor and his ex-wife, Sarah Ferguson.

Arthur says: "For half a century, I've had the best job in the world. Now I'm telling my amazing stories of witnessing the Royal Family up close."

● **Cup Of Tea, Arthur?, published by HarperCollins out on November 2.**



SNAP HAPPY . . . Sun royal photographer Arthur Edwards on the job. *Inset*, his new book

Filmed attacks . . Zou

Lifer rape fiend link to further offences

By MIKE SULLIVAN

POLICE investigating a rapist jailed for attacking ten women have traced more alleged victims.

Five came forward after an appeal by London's Met into Chinese student Zhenhao Zou, 29.

The force yesterday said it had submitted a file to the CPS of details given by the complainants as well as of two alleged rapes of victims yet to be identified.

Det Chief Supt Angela Craggs said: "Every woman who has contacted us has shown considerable courage.

"We recognise how difficult it can be to report offences of this nature."

Last year, Zou got life with a minimum of 24 years for 11 rapes, two relating to one victim.

Zou, who filmed the attacks in London and China and kept a trophy box of his victims' belongings, was also convicted of possessing date-rape drug butanediol.

Advice . . . on bathing

One bath a week 'best for tots' skin'

EXCLUSIVE
by VICTORIA ALLEN

BATHING babies once a week is best for their skin, researchers believe.

Fewer baths slashed the risk of eczema, a study of 105 families found.

The NHS recommends washing infants two or three times a week but about one in six suffer the dry skin condition.

It can cause itching and pain and may raise the risk of developing hay fever or asthma.

Study author Dr Michael Perkin suggests a single short bath with plain warm water once a week would be best.

He said bathing too much could damage the skin's barrier against harmful substances.

Dr Perkin said the London University City St George's research was promising but it was too soon to change official advice. A further study involving thousands of families is planned.

CRASH TEEN FUNERAL ROW

It's obscene to let gangs shut schools

KEMI: LABOUR TOO WEAK TO STOP THUGS

TORY leader Kemi Badenoch branded as "obscene" a decision yesterday to lockdown four schools again for another funeral of an A66 crash victim.

Pupils were sent home early for the second time in four days amid fears that the final farewell for Theo Rae, 17, would provoke violence.

In an online post, Mrs Badenoch said it was the Government's duty to keep schools open – and not to allow gang violence to "dictate the lives of law-abiding citizens".

She said Education Secretary Lucy Powell should be ashamed at her refusal to intervene.

Mrs Badenoch wrote: "This sets a terrible precedent and sends a message to criminals and thugs across the country that this Labour Government is too weak to keep its people safe from them. It's obscene that this is happening again."

By PAUL SIMS and TOM SCOTSON

Despite the outcry, the schools closed at 12.15pm, just as they did for Friday's funeral of Jakub Matusiak, 23. Mourners hung out of car windows as they followed a white, horse-drawn hearse with Rae's blue coffin to Teesside Crematorium.

In a tasteless tribute, illegal plates on one BMW read "RIP" and "THEO". He was one of five young men to die when their VW Passat was driven on the wrong side of the road to shake-off police.

Row . . Badenoch and, right, Powell

Officers abandoned pursuit but ten seconds later the VW hit an armed response unit head-on in the early hours of August 22.

Rae died alongside Matusiak, Cole Worthy, 17, Makai Saddington, 18, and Michael Robert Cahill, 23. Saddington's funeral is today, Worthy's tomorrow. PCs Matthew Blades, 37, a married dad, and Iraq war veteran Tom Clough, 38, also died. Their funerals are also this week.

Last night, Cleveland Police said the force had not recommended the schools shut their gates. Education Secretary Powell, who last week said she hoped schools would not close again, said: "These are difficult decisions for headteachers. I have been assured no further closures will be needed."

She accused the Tories of trying to score political points and said they should be ashamed of their policing cuts in "Teeside", a misspelling.

Shadow Education Secretary Laura Trott, meanwhile, said: "The Government needs to support heads by giving them reassurances police have the resources they need to keep everyone going to school safe.

"This is not political point scoring, this is doing our job – speaking up for parents, teachers, pupils and law abiding people in the area, who do not want school opening times dictated by thugs on quad bikes."

paul.sims@the-sun.co.uk

CARRIAGE CORTEGE

Last journey of Rae, left, with pal Worthy

NO one can accuse 85-year-old CLIFF RICHARD of resting on his laurels, as today he's announced the release of a 48th studio album.

Only Number Ones will be out on November 27, with covers of 12 chart-toppers, including ELVIS PRESLEY's Return To Sender, THE BEATLES' From Me To You, and I'm A Believer by THE MONKEES. And it will include his interpretation of Sign Of The Times by HARRY STYLES, an artist whose mum hadn't even been born when Cliff released his debut No1 album 67 years ago.

Cliff, *left*, said: "I listened to dozens of songs and chose 12 of my favourites."

biz

WANTED: LILY FOR GLASTO

LILY ALLEN has been officially approached by Glastonbury organiser EMILY EAVIS to perform at next year's festival, I can reveal.

Her career has gone from strength to strength ever since the release of her fifth album West End Girl last year, which resulted in two tours across Europe and North America.

If she accepts the invite to appear at Worthy Farm – and I can't imagine she will turn the offer down – it will be her first time playing a full set there in 13 years.

A source said: "Emily loves Lily and sees her as one of Britain's musical greats.

"Earlier this summer she officially asked Lily if she would play at Glastonbury next year.

"As long as her schedule

allows it, I'm sure she will accept.

"Lily has a long history with Glasto, and to return to the festival after all this time would really be a sign she's back to her best."

In 2022, Lily, *left, and above on stage in Oslo last month*, surprised fans when she made a guest appearance with OLIVIA RODRIGO on the Other Stage.

While details are yet to be ironed out, I wouldn't be surprised if Lily goes all the way to the Pyramid Stage come 2027.

Nic's splitting image

NICOLE SCHERZINGER has no problem with leg room on this plane flight.

She shared a picture of herself performing the splits on a private jet, as she prepares to kick off the European leg of the PUSSYCAT DOLLS' long-awaited reunion tour.

Nic will join ASHLEY ROBERTS and KIMBERLY WYATT on stage in Copenhagen tomorrow ahead of the UK shows, starting at Birmingham's Utilita Arena on September 29.

JODIE GOES HERBAL FOR ROBIN'S MERRY MEND

JODIE COMER has gone all woo-woo after starring in The Death Of Robin Hood.

The actress, who plays a medieval nurse Sister Brigid in the big-screen blockbuster, enrolled on a herbalism course to help her reconnect with nature and health.

Jodie said: "I love that she could see the alchemy and polarity within life, like the light and dark, and how each is a part of us and essential.That's something I really remind myself of now.

"Also, I was always intrigued by herbalism. Through my research, I took a little bit of time aside and – I'm a total novice – I took an at-home apothecary course and I'm learning about herbalism."

Clearly won over by medieval medicine, Jodie added: "There was something about reconnecting with this knowledge that I felt so alien to, and felt like it should be a fundamental part of each and every one of our experiences.

"That's how it has inspired me on a personal level."

In the the new film, Robin Hood is gravely injured after a battle.

But while Jodie may be ready to ditch modern medicine, her co-star HUGH JACKMAN, *right with her*, is not.

Referring to one of the film's scenes where Jodie's character drains blood from outlaw Robin to cure him, the actor added: "To be clear, bloodletting does not work.

"There is no science behind it. You just lose a lot of blood and you do die."

'HIJACKED' TREV BACK AFTER OP

TREVOR NELSON stole former colleague ZOE BALL's thunder as he returned to the Radio 2 airwaves yesterday.

He was heard on the airwaves again just an hour after Zoe launched her weekday afternoon show on rival Greatest Hits Radio.

Trevor took an indefinite break in June after being diagnosed with a brain tumour. But he is making a staggered return following an operation.

Trev kicked off by playing Welcome Back by JOHN SEBASTIAN and STEVIE WONDER's Uptight (Everything's Alright).

He told listeners: "I'm back on the best radio station ever. I feel like I've been hijacked this summer. Someone's paid the ransom and freed me.

"It's been an emotional and very difficult summer for me but I've got through with a lot of help from close friends and family, my management. My wife Pri has been amazing.

"It feels weird saying that people who I don't know have helped me massively, but all the listeners, all the love has been overwhelming.

"In my darkest moments it really did help me through.

"This date was a target to come back on air. I was bugging my doctor."

Meanwhile Zoe, who left her Radio 2 breakfast show job in 2024, began her show with I've Got The Music In Me by THE KIKI DEE BAND.

Admitting she was nervous, Zoe said: "I'm breathing. That's what they said to me . . . 'Remember to breathe'."

LIZZO PAL WAS TREE

LIZZO's personality is anything but wooden – but the same can't be said for her childhood pal.

She revealed: "I had a best friend that was a willow tree in Detroit I would sit in the willow tree and talk to the willow tree, and I would use the leaves of the willow tree.

"One day they drew a line across the tree. My mum told me, 'They're going to cut it down'.

"I was going to stand in front of the tree and be like, 'If you're going to cut this tree down, you have to cut me down'."

The quirky singer, *above*, added on the Armchair Expert podcast: "My mum was like, 'You can do that but first, you got to go to school, honey'. I went to school, I came back, it was a stump. I was inconsolable. That was my best and only friend."

Good thing she's got a few more real mates now.

Sasha Attwood & Jack Grealish

Edith Bowman

Rob Beckett & Josh Widdicombe

Lauren Laverne

Bobby Gillespie

Sonny & Johnny Marr

Movie prem special

CREDITS ROLL WITH IT . . . Liam and Noel before show

ELLIE HENMAN'S

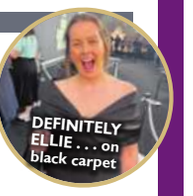
arre

AMERICAN rock group **CAGE THE ELEPHANT** – who release their song Dying In Reverse on Friday – will tour the UK and EU next year. The band, fronted by **MATT SHULTZ**, *below*, play Cardiff, Leeds, Glasgow, Birmingham and Manchester in February, ending at London's Alexandra Palace on March 1.

KASABIAN are on track to score an eighth No1 album this Friday, with their record ACT III leading the chart race.

According to midweek figures, Leicester's finest, *left*, are ahead of metalcore band PRESIDENT who sit at No2 with Blood Of Your Empire, ADELA with her debut album Prima at No3, and NATALIE IMBRUGLIA's Algorithm at No4.

MAD FER IT . . . Liam greets crowds yesterday



DEFINITELY ELLIE . . . on black carpet

VIP HERE NOW

Celebs swarm Oasis film launch

THE booze was flowing and the banter was off the charts as OASIS took over London's Leicester Square last night.

And I had a front row seat, as **NOEL** and **LIAM GALLAGHER** invited me down to watch their new documentary, Don't Look Back In Anger.

EDITH BOWMAN introduced Noel and Liam – with the latter whipping up the crowd inside the cinema.

There were celebs at every turn, including all of the Oasis kids, from Liam's **GENE**, **LENNON** and **MOLLY**, along with Noel's **ANAIS**, **SONNY** and **DONOVAN**, and the complimentary popcorn was munched before the film even started.

Inside the Cineworld I spied Noel's BFF **MATT SMITH**, new Strictly host **JOSH WIDDICOMBE**, Celebrity Traitors' **ROB BECKETT**, sports agent **DAVE GARDNER** and Radio 2 DJ and Oasis superfan **VERNON KAY**. I've covered many film premieres in my time but the atmosphere for **STEVEN KNIGHT**'s film about the band was off the charts.

Fans, many of who started arriving at the venue from 4pm, were kitted out in their best Nineties clobber.

Luckily for Noel, who said he didn't want to watch the film again because it makes him too emotional, the brothers were then whisked away to appear at the IMAX in Waterloo.

And then it was time for the party to begin, with the Gallaghers laying on a massive bash at private members' club 180 after the screenings ended.

'Biggest rock 'n' roll comeback ever'

Talking about the film, directors **WILL LOVELACE** and **DYLAN SOUTHERN** said they felt like bouncers as they watched Noel and Liam reunite.

On Radio X yesterday, Dylan said: "We were like CCTV security guards, but we had to be watching the preparation for the biggest rock 'n' roll comeback ever."

When asked about Noel's reaction to playing live with Liam again, Dylan added: "It really affected Noel.

"He even says at one point he wishes he could've called a time out and gone back to the dressing room because he just wasn't prepared for it."

Fans, who can watch Don't Look Back In Anger in cinemas from tomorrow, are counting down to the formal announcement of the band's 2027 tour.

I exclusively revealed that Noel and Liam, alongside **PAUL 'BONEHEAD' ARTHURS**, **GEM ARCHER**, **ANDY BELL**, **JOEY WARONKER** and **CHRISTIAN MADDEN** were going back on the road last month.

And over the weekend, I revealed Oasis will play shows in Glasgow, Manchester, Paris, Munich, Rome, Ireland, Las Vegas, Boston, Amsterdam, Barcelona and Knebworth – where they will make history with six huge performances.

The band last night released another Easter egg clip teaser for the tour – this time for their gigs in Amsterdam.

Oasis were famously kicked out of Holland in 1994 after they got a bit rowdy on the boat over, which scuppered their first European tour before it had even started.

More than 10million Brits tried to get their hands on tickets for the band's first run of 41 dates last year.

And I expect the demand for 2027 to be no different.

Credit cards at the ready . . .

FAMILY AFFAIR . . . Noel and Liam's kids Lennon, Donovan, Anais, Molly, Sonny and Gene at yesterday's premiere

With HOWELL DAVIES & JACK HARDWICK

THE Sun SAVERS

sunsavers.co.uk TikTok: @sunsavers Facebook.com/thesunsavers

DEAL OF DAY

SNAG a budget-friendly Apple laptop with this refurbished 13in MacBook Air (*cCore i5-3427U 4GB RAM 121GB SSD 2012 macOS) Catalina)* – previously £99.97, now reduced to £49.97 at laptopsdirect.co.uk.

SAVE: £50

CHEAP TREAT

GET your classic sweet fix with a bag of Maynards Bassetts Jelly Babies – was £1.50, now £1 at Asda.

SAVE: 50p

OVERPAYING FOR THOSE SEASONAL HOT DRINKS?

It's a mug's game

AUTUMN is upon us, and so are new seasonal drinks menus.

Costa's Maple Hazel Latte, Starbucks' Pumpkin Spice Latte and Greggs' Caramel Hot Chocolate are all landing in stores now.

But you can make your own versions for far less. Here's how.

MAPLE HAZE: Costa's Maple Hazel Latte is back, layering roasted hazelnut syrup with sweet maple sauce.

To make it at home, whisk together two tbsp maple syrup, one tbsp hazelnut syrup and a shot of espresso. Heat 200ml milk and pour over. Top with whipped cream to finish.

PUMPKIN SPICE: To get your own Starbucks-style Pumpkin Spiced Latte, try making your own syrup by simmering a glass of water on the hob with 50g brown sugar, half a tin of pumpkin purée, one tsp cinnamon, half a tsp of ginger and a pinch of nutmeg until thickened.

For the latte, add two tbsp syrup to a shot of espresso, top with steamed milk and a dusting of spice.

SALTED CARAMEL: Greggs' Caramel Hot Chocolate is a favourite but it's quite simple to do it yourself. Heat 200ml milk with two tbsp caramel sauce and two tbsp hot chocolate powder.

Stir well, top with cream and a caramel drizzle. Use whole milk instead of water if you fancy a richer hot choc.

POD PERKS: If you've got a coffee pod machine, you can get some great deals right now.

Nespresso is running a member offer: order 250 Vertuo capsules and get a free Touch Travel Mug using code COFFEETOGO at nespresso.com. Lavazza-compatible pods are also reduced, and supermarkets often sell own-brand pods for half the price of branded ones and they taste just as good.

DIY SYRUPS: Flavoured syrups cost a fortune so make your own. Heat equal parts sugar and water on the hob and simmer until dissolved.

Add vanilla extract for vanilla syrup, brown sugar for caramel, or toasted hazelnuts steeped for 20 minutes then strained for hazelnut.

It will last for weeks in the fridge and can save on that extra morning spend.

●All prices on page correct at time of going to press. Deals, offers subject to availability.

What's new?

B&Q has launched a new season of big savings across home improvement projects. Get up to 40 per cent off kitchen cabinets and doors, plus an extra ten per cent off Signature ranges.

Little helper

GET a suit for less in the River Island men's sale, with big discounts on smart accessories and clothing. Snag a grey floral tie and handkerchief set for £4.

TOP SWAP

£32

FOR a rosy glow, try Charlotte Tilbury Unreal blush stick, £32, cultbeauty.co.uk, *above*, or pick up MCoBeauty Baby Face multi-use cream stick, £6, Superdrug, *below*.

SAVE: £26

£6

SHOP & SAVE

DRY your laundry for less with the Dry:Soon 3-Tier heated clothes airer – was £133.33, now £116.66 at Lakeland.

SAVE: £16.67

HOT RIGHT NOW

BAG a bargain in the ASOS sale edit, where thousands of women's styles have been slashed, with prices starting from just £2.99.

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Caged . . . Welsh

Ex-Army pair £5m cocaine drive plot

By ROBIN PERRIE

THREE men in their 60s were jailed for smuggling £5million of cocaine in the back of a lorry.

Army veteran Graham Welsh used his transport business as cover, alongside ex-Army pal Gary Jackson, to enable driver Colin Cowie to bring 50kg of drugs from Belgium via Calais into Dover.

The load, in two cardboard boxes, was taken to a service station and packed into a car on the back of a low loader.

Police seized the drugs on the A1 in North Yorkshire in 2022. Prosecutor Daniel Cordey called it a "professionally organised operation".

Welsh, 64, Jackson, 65, both of Sunderland, and Cowie, 64, were convicted of importing drugs and conspiring to supply.

Welsh was jailed for 16 years, Jackson for 15 years and Cowie, from Blyth, Northumberland, for nine years at Newcastle crown court.

Anguish . . . Jon

Divorce and sex rap Navy suicide

By JEROME STARKEY

A ROYAL Navy sailor facing sex attack claims and a divorce took his own life with an assault rifle, an inquest heard.

Petty Officer Jon Errington Paxton, 38, got the gun by taking the weapons storage keys from the belt of a colleague who was sleeping.

PO Paxton, who suffered from depression, died on minehunter HMS Cattistock while it was docked in Portsmouth in 2023.

The dad of three, who was charged with sexual assault months earlier, also had debts of £25,000.

Mum Linda said: "He was a really good lad. He loved being a dad."

But he said the one thing he could not cope with was his children living in his house with another man, the inquest in Portsmouth was told.

Coroner Jason Pegg found PO Paxton, who grew up in Arbroath, Angus, died by suicide.

THE VOICE LOSES ITS 'VOICE'

TOM PUT OUT TO GREEN, GREEN GRASS

Legend sidelined from role as full-time coach

Newcomers . . . Cheryl, left, and Kelly

Voice gone . . . Sir Tom will be leaving red chair

Picture: GETTY

SIR Tom Jones has been stood down as a full-time coach on The Voice UK, The Sun can reveal.

The 86-year-old music great – also nicknamed The Voice – will be sidelined despite appearing on the show since its launch in 2012.

But bosses at ITV believe the next series needs a shake-up, although there are plans for the Green Green Grass Of Home singer to be involved at some point in a "smaller capacity".

The Sun previously revealed rapper Aitch was to replace McFly duo Danny Jones and Tom Fletcher, who are leaving the show.

Former Girls Aloud singer Cheryl is also set to make her primetime TV comeback as a coach, while rapper will.i.am is returning with Kelly Rowland.

A source said: "Everyone loves that the upcoming series needed Cheryl coming on board and Kelly returning with will.i.am, there just wasn't a seat going."

While Sir Tom will not have his own team or red chair for series 15, The Sun understands ITV bosses are plotting a way for the Welsh superstar to be involved later on.

The source went on: "Everyone is sad to see Tom go. Right now talks are ongoing about how he can be involved in the series in a smaller capacity. Sir Tom adores the show and finding new talent and still wanted to be involved."

The Sun can confirm Destiny's Child star Kelly will be back for a second series after making her debut in the one currently being shown on ITV.

She will join will.i.am, who has been on the show since it started on BBC One in 2012.

Meanwhile, former X Factor judge Cheryl has been lined up for her first appearance on British TV in six years. Alesha Dixon – set to reunite on stage with Mis-Teeq – is to host the show alongside former X Factor contestant Stacey Solomon.

EXCLUSIVE by JACK HARDWICK

They will take over from long-time presenter Emma Willis, who has been snapped up by the BBC to co-host Strictly with Josh Widdicombe and Johannes Radebe.

Despite being on air for a decade and a half, The Voice is still one of ITV's biggest shows.

The current series is pulling in about two million viewers every Saturday night.

However, unlike its former rival The X Factor, it has struggled to produce any stars.

Only Becky Hill, who was on the first series, has managed to carve out a successful mainstream career. Despite not winning in 2012, she has gone on to land 19 UK top 40 singles.

Filming on the next series of The Voice is due to begin on Friday in Manchester, and it will air next year.

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STEAM ME UP SCOTTY

Posh firm's Trek pots

FANCY pots maker Le Creuset has boil-dly gone where no pans have gone before by journeying to the edge of space with its new Star Trek range.

By LAUREN UTTLEY

The pricey kitchenware was launched more than 110,000ft above the Earth to mark a tie-up with the classic sci-fi series ahead of the show's official 60th birthday today.

One of its limited edition casserole dishes – branded with the Starship Enterprise and a Starfleet logo handle – was launched from Ashbourne, Derbys, carried by a hydrogen balloon.

It soared above 99.5 per cent of the Earth's atmosphere for almost an hour and 20 minutes at -63.4C (-82F) temperatures.

The maker said its collection sets out to "command the stovetop" with its £425 Enterprise round casserole dish.

Its £385 Klingon shallow casserole dish "embodies strength", while the £130 Galileo Shuttlecraft covered casserole "inspires exploration", it says.

The range also includes a £36 oven mitt with Spock's split fingers salute and a £52 communicator-shaped grater.

Star Trek was first broadcast in the US on September 8, 1966.

Bake it so . . space pot

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CRUST DESERTS

Arrest warrant out for court-dodge Greggs thief

A GREGGS shoplifter who targeted one branch six times a day swiped more than £2,000 in doughnuts and fizzy pop.

Tiffany O'Neill, 28, raided the bakery 67 times between April and August this year.

She was finally caught and admitted theft and drugs charges and was given bail, but failed to

EXCLUSIVE
by BENEDICT ELLIOT

turn up to her sentencing hearing yesterday. A warrant has been issued for her arrest.

Managers at the store in Croydon, South London, near to where O'Neill lives, had to introduce an anti-theft robotic pod which rang an alarm if snacks were being pilfered.

Sadiqul Islam, prosecuting, told Croydon magistrates' court: "This defendant went to the Gregg's store almost daily." Her crimes came after she was let out of custody over a theft at a nearby Deichmann shoe shop.

Her spree beats the previous record holder, Adam "Hamster" Gosling, 39, who stole £1,817 over a six weeks this year.

The Sun's Bake and Take campaign last year revealed that Greggs was being hit by thieves multiple times a day. Our reporters saw thieves swiping goods from branches across the country, with staff unable to act.

At one branch in Stockwell, South London, we saw at least one shoplifting raid an hour. In some locations, Greggs has scrapped self-service displays.

Our investigation prompted pledges from ministers to clamp down on shoplifting, which has risen 60 per cent in three years.

Grub swiped . . . Greggs

Hunt for cat killer

THE RSPCA is hunting a cat killer after a kitten was left battered to death on a doorstep.

It was wrapped in a pair of women's shorts, then tied up in a bin bag and put in a cat carrier.

The white and tabby male had injuries to its face, paws and tail with claws cut "extremely short" and bloodied.

RSPCA officer Ellie Barnes-Wilson, who attended the scene in Acton, West London, said: "This is an extremely distressing case."

DON'T HOLD PEACE

Speeches just from men is the wedding tradition most couples want to ditch, a poll found.

HAIL BIEBER

Picture: MANGO

By JACK HARDWICK

MODEL Hailey Bieber plays the rock star for a new fashion shoot.

The US beauty, 29, wife of pop star Justin, leaned against a stone wall in Los Angeles wearing a white mini dress from Mango.

She has teamed up with the Spanish brand, following supermodels including Naomi Campbell, Kate Moss and Kendall Jenner.

Treatment . . . Maryam

BBC star cancer til 'day I die'

By ELEANOR GUNN

BBC News presenter Maryam Moshiri has revealed she has a rare, incurable blood cancer.

The 49-year-old has been having treatment since her diagnosis for polycythaemia vera in November 2024.

There is no cure but sufferers can manage it and survive for decades.

Maryam added: "It is going to be there until the day I die."

The disease causes bone marrow to continuously produce red blood cells, thickening the blood.

Side-effects of treatment included insomnia, chronic fatigue and itching which she described as "coming from inside".

Maryam has continued to work, including leading the BBC's coverage of the death of Pope Francis from Rome last year.

The mother of three said: "A big part of this disease is having to get on with life."

Kids' flu shot call

PARENTS are being urged to ensure their children are vaccinated against flu as it emerged millions of primary school pupils went unprotected last winter.

The UK Health Security Agency said just 55.5 per cent of the 4.5million eligible had it.

Nevertheless, the vaccine – which is given as a nasal spray – is estimated to have kept 68 per cent out of hospital and saved 52 per cent from a GP visit.

Toddlers can have the vaccine at their GP surgery, while older children are offered it in school.

CLAWS CÉLÈBRE

A one in two million electric-blue lobster has been found in a rock pool in Falmouth, Cornwall.

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Date . . . Faye and Josh

Couple's hospital birth link surprise

By EMILY JANE HEAP

A COUPLE on a date realised they were born at the same hospital and just two minutes apart.

Faye McComb and Joshua Young, both 22, met while studying the same course at university, despite living just eight minutes apart from each other miles away in their home town.

Faye was born at 2.43am on March 3, 2004, while Joshua arrived at 2.45am, both at Antrim Hospital, Co Antrim.

Faye, from Ballymena, said: "I knew he was born on the same day.

"We were out for dinner and I asked him what time he was born. He texted his mum and she replied saying 2.45am. We couldn't believe it.

The Belfast university student added: "I googled it and it said it's a one in several million chance. We're like the same people with the same goals, interests and morals. It's fate we're together."

Night out . . . Julian

Body of hols boat party Brit is found

By NICK PARKER

A BRITISH student who disappeared following a party on a boat has been found dead.

Julian Amaral, 23, vanished after enjoying a night out with his cousin on holiday in Lisbon.

His body has now been recovered from the Tagus river following a search by divers, police and an Air Force helicopter.

His sister confirmed the news on social media, describing his death as a huge loss for the family.

She added: "I want to thank every single one of you for all of your love, support and kindness."

London Metropolitan University student Julian, of High Wycombe, Bucks, disappeared after telling his cousin he was going to the toilet on the boat.

He appears to have got off when it docked in the early hours of Tuesday. CCTV reportedly showed him falling into the river shortly after. His body was found on Sunday.

GLAM STARS FOLLOW RECYCLING TREND

Lili wears Kate's hand me gown

FORGET stepping on to the red carpet in something brand new – these days it is all about the art of the re-wear.

In the past few days alone there have been multiple archived designer dresses coming back out.

Lili Reinhart was one of the latest when she wore a yellow dress like the one Kate Hudson had on for the 2003 film How To Lose A Guy In Ten Days.

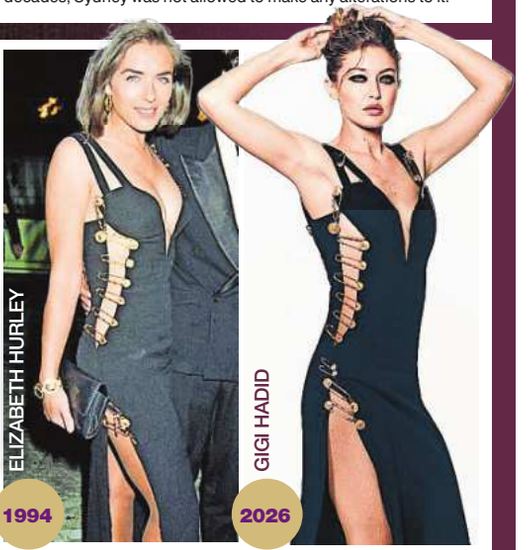
Lili, promoting her movie The Love Hypothesis, posted this picture on Instagram and captioned the image "paying homage to Kate Hudson".

Kate's dress was a Carolina Herrera one-off, but Lili's is still from the archives – made by Cache in the early 2000.

Here, Fashion Editor ABBY McHALE takes a look at some of the most famous fashion re-wears.

SYDNEY SWEENEY had her eye on the Marc Bouwer gown Angelina Jolie wore to the Oscars in 2004 for quite some time, having wanted to wear it on two other occasions.

Finally she donned the very same white halterneck gown for the 2024 Vanity Fair Oscars afterparty. After being kept for two decades, Sydney was not allowed to make any alterations to it.



WORN first by Elizabeth Hurley in 1994 when she attended the Four Weddings And A Funeral premiere with then boyfriend Hugh Grant, the paperclip Versace dress became iconic and put her name on everyone's lips.

This month, Gigi Hadid brought back the look for EE72 magazine's Made In The 90s issue and nailed the brief.

SUPERMODEL Irina Shayk always looks sensational on a red carpet.

And she proved it once again at the Venice Film Festival on Sunday.

Wearing a black bodycon Dolce & Gabbana dress featuring a lace side strap detail, she looked striking.

But this isn't the first time we've seen this stunning outfit.

Coming straight from the D&G archive, this little black dress was first seen modelled on the runway by Gisele Bundchen in 2002.

And then, in the same year, Naomi Campbell also wore it for the GQ Men Of The Year awards in New York.

With three supermodels wearing one dress, it shows how picture perfect this look really is.

ACCORDING to Zendaya's stylist Law Roach this Cache dress is "one of the most iconic dresses in movie history" having been worn by Sarah Jessica Parker as Carrie Bradshaw in Sex In The City in 2008. While it also has links to Whitney Houston after being inspired by a Eugene Alexander dress she wore in 1987.

Zendaya wore it in March for an Essence Black Women event.

Flowers . . left at camp

Tot camp death: 4 arrested

By PAUL SIMS

FOUR people have been arrested on suspicion of murder after the death of a three-month-old girl while camping.

They were arrested at the scene on Saturday, questioned and bailed.

The four were a man, 42, and a woman, 30, both of South Staffordshire, a woman, 20, from Wolverhampton, and an 18-year-old man from Walsall, West Mids.

Police said they were keeping an "open mind as to the circumstances" of the death on Saturday in Great Wyrley, Staffs.

Emergency crews had been called over reports the baby was in cardiac arrest. An air ambulance was sent but the girl died at the scene.

Relatives of the baby issued a statement to a local TV channel, calling it a "tragic event where the children and parents joined grandad for a night fishing at the pond".

Errors of 'sex' Miss

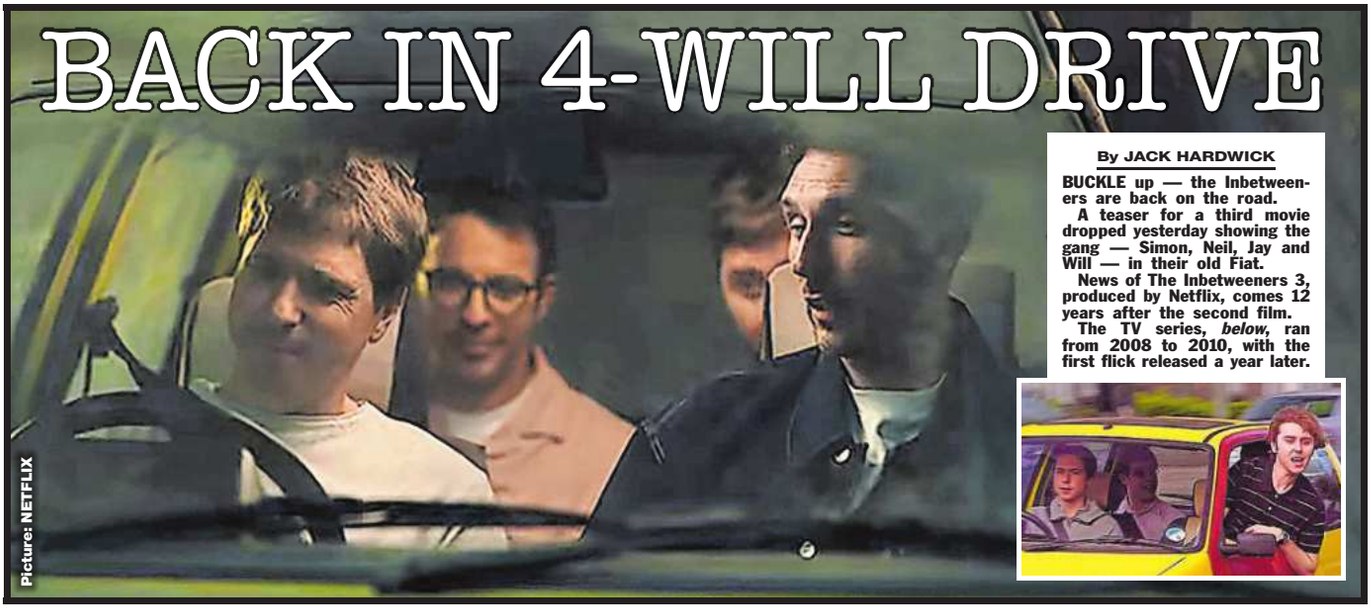
A PE teacher accused of having sex with a pupil told police her contact with him was unprofessional, a court heard.

Bronwen James, 30, is said to have set up meetings with the 16-year-old on Snapchat.

But James, of Chippenham, Wilts, told officers her communication was "unprofessional but it was not inappropriate".

James, who worked at Bitterne Park School in Southampton, denies sexual activity with a child while in a position of trust. Trial continues at Winchester crown court.

BACK IN 4-WILL DRIVE



Picture: NETFLIX

By JACK HARDWICK

BUCKLE up — the Inbetweeners are back on the road.

A teaser for a third movie dropped yesterday showing the gang — Simon, Neil, Jay and Will — in their old Fiat.

News of The Inbetweeners 3, produced by Netflix, comes 12 years after the second film.

The TV series, *below*, ran from 2008 to 2010, with the first flick released a year later.

NEW LINE OF DUTY CATCHPHRASE

Don't be stalling the digger now

LINE of Duty's Adrian Dunbar has promised fans a string of new catchphrases from Supt Ted Hastings when the hit police show returns.

His character's "Now we're sucking diesel" and "Jesus, Mary and Joseph and the wee donkey" are among past classics.

But Adrian, 68, says he has some fresh belters lined up for series seven, which finished filming in the summer and is due to screen next year.

He said: "I've got a couple coming along this time in this series.

"I say something like, 'Come on, guys, don't stall the digger'. 'Don't stall the digger' is going to be my new one."

The unique sayings have proved popular with fans in the past, featuring on mugs and keyrings.

Confident of his "digger" quote being a hit as well, Adrian added: "There'll be a mug for that, too."

Adrian, who has been in the BBC series on police corruption-busting AC-12 since it began in 2012, says he credits a lot of the ideas for his character's sayings to phrases he picked up as a child in Northern Ireland.

He told the BBC Red Lines podcast: "'Mother of God' was something my father used to say all the time.

"So I kind of stuck that in a couple of times and it worked."

janine.yaqoob@thesun.co.uk

By JANINE YAQOOB

TOP FIVE TED-ISMS

"There's only one thing I'm interested in, and that is catching bent coppers."

"Jesus, Mary and Joseph and the wee donkey!"

"Mother of God!"

"Now we're sucking diesel."

"The name's Hastings, like the battle."

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Sentence . . . Haji

Big Bro star rap for attack on sister

By MIKE SULLIVAN

BIG Brother star Hanah Haji attacked her sister in a row over men being brought to the family home, a court heard.

Haji, 26, left Mona Sheikh, 19, with a cut above her eye in a bust-up, which the teenager recorded on her phone.

Ms Sheikh is heard calling her sister a "wh*re". In court she added: "She was bringing men around the house.

"If you're going to have sexual intercourse in the morning multiple times with men while I'm in the house you need to have boundaries."

Haji, who appeared in the ITV reality show's 2024 series, said she was acting in self-defence at her home in Acton, West London, in July 2025.

But she was convicted of assault in July. Ealing magistrates gave her a two-year restraining order from her sister, £100 fine and 15 days of rehabiliation activity.

Joke . . . Alex & Cathy

Sir Alex's Taggart prank on his wife

By RICHARD MORIARTY

SIR Alex Ferguson once fooled wife Cathy that he had been asked to star as TV detective Taggart.

The former Man United boss knew how much she hated the programme – but she was nagging him over what he would do when he retired.

Sir Alex asked a pal who worked for ITV to say over dinner that he was wanted to play the Glaswegian detective.

Lady Cathy stormed off, leaving her husband, now 84, and his mate rolling around laughing.

The story was revealed by The Script frontman Danny O'Donoghue, who said Sir Alex recalled it at a golf club bash before his retirement in 2013.

Danny, 45, said Sir Alex knew his wife, who died in 2023, "absolutely hated Taggart".

The series, originally starring Sir Alex look-alike Mark McManus, ran from 1985 to 2010.

SPIES WARN OF ARSON, CYBER A

By
OLIVER HARVEY
Chief Feature Writer

LIKE a hot knife through butter, the Storm Shadow missile punctured the reinforced hull of the Russian submarine just before its warhead exploded.

Fired from Ukraine into occupied Crimea in 2023, the British-French weapon had taken out the £220million, 3,100-ton Rostov-on-Don.

It was a show of clinical military might that proved the cruise missile could help unpick the bloody stalemate on Ukraine's battlefields.

So when Andy Burnham handed President Volodymyr Zelensky the secret blueprints for the Storm Shadow recently, Russia reacted with fury – and menacing sabre-rattling.

Kremlin mouthpiece Andrei Fedorov, a Russian former deputy foreign minister, darkly warned that Britain could face a "a semi-military response" from "unknown sources".

So how could Russia unleash its vengeance on Britain?

And who are the mysterious "unknown sources" that Fedorov claimed could launch such an attack?

A security source has warned that it is "inevitable" that Putin will order retribution on Britain for its continued support of Ukraine.

The source said: "The question being asked is, 'How long do we keep poking the bear before it bites?'

"An attack on the UK's defence and security infrastructure is inevitable, based on our high-profile support for Ukraine.

"Russia will want to make a statement, through actions rather than words. That could be a drone attack or an arson attack.

"There are Russian sleeper cells in this country that could do either."

The nerve-jangling showdown with Putin is a baptism of fire for Britain's new Prime Minister, who is a foreign policy novice.

'We're watching. Don't do anything dodgy'

Burnham's pledge to hand over the classified Storm Shadow blueprints will allow Ukraine to build the missiles on their own territory.

Kremlin spokesman Dmitry Peskov responded by insisting Russia saw the move "extremely negatively".

He added: "Britain is methodically and regularly adding fuel to the fire and methodically and regularly plotting to prevent any progress in the peace process."

To his credit, Burnham stood his ground, responding: "Who started the fire? That's the question, isn't it?"

Further evidence of a deterioration in Anglo-Russian relations emerged at the end of last month when it was confirmed the Kremlin had withdrawn its London ambassador.

In Kyiv for Independence Day on August 24, Burnham strummed The Smiths' track Rusholme Ruffians on guitar as Ukrainian soldiers looked on.

The mood was darker 600 miles away in Moscow the next day when CIA chief John Ratcliffe's US air force Globemaster transport plane touched down at Vnukovo International Airport.

America's top spy had come with a stark warning for President Vladimir Putin: Don't attack Nato countries.

New US intelligence suggested that Russia might try to test Nato's resolve with a limited attack on a member nation in the coming years.

Mired in Ukraine and under pressure at home, the CIA is worried Putin might be tempted to launch a small land incursion – perhaps in the Baltics – or crippling cyber attack.

Russia also sniffs a weakness in the alliance, with American weapons stockpiles degraded by the Iran War. Yet Moscow is already waging a shadow war across Europe through cyber and arson attacks, drones and disinformation campaigns.

In December, the chief of MI6, Blaise Metreweli, said that the UK and its allies now occupy "a space between peace and war".

Describing it as "the grey zone", our top spy said of Russia's meddling: "It's important to understand their attempts to bully, fearmonger and manipulate, because it affects us all."

And Anne Keast-Butler – boss of government listening post GCHQ – warned in May: "Russia is scaling up its daily hybrid activity against the UK and Europe."

Military veteran and former MP Bob Seely believes Russia is using the Storm Shadow blueprints spat as an excuse to ratchet up the tensions with Britain. The author of The New Total War told The Sun: "Storm Shadow's really effective. But I think one shouldn't see this as some kind of huge escalation.

"It's going to take months, if not years, for the Ukrainians to start to produce their own.

"I think it's more to do with Putin not having the success on the battlefield that he wants and being in the mood to escalate in some form.

"I think the CIA guy going to Moscow was basically saying, 'We're watching you. We know what you're up to. Don't do anything dodgy'."

Seely says Britain is a convenient bogeyman for Russian propaganda as some close to the US administration are "semi-sympathetic" to Russia's position.

He revealed: "The US is their main protagonist but Putin doesn't want to make America the main enemy at the moment.

"Britain is now their number one enemy. There is a long history of cold wars between the two nations, stretching back to the 1820s."

'You're looking at blowing up undersea cables'

The former Conservative MP suggests Russia could target Britain with a "grey zone" attack which is insufficient to trigger Nato's Article 5 "an attack on one is an attack on all" policy.

He added: "What you're looking at is sabotage or the blowing up of undersea cables.

"So 95 per cent of our information comes into the country via 65 internet cables. Blow up ten of them and it causes real problems.

"They may try to do something

BOSSES . . . Blaise Metreweli, *right*, head of MI6, and GCHQ chief Anne Keast-Butler

STRUMMER TOUR . . . PM Andy Burnham playing Smiths tune for troops in Kyiv at end of August

'The question being asked is, "How long do we keep poking the bear before it bites?" An attack on the UK's defence and security infrastructure is inevitable'

HOLY TERROR . . . President Vladimir Putin leaving church in Moscow last month

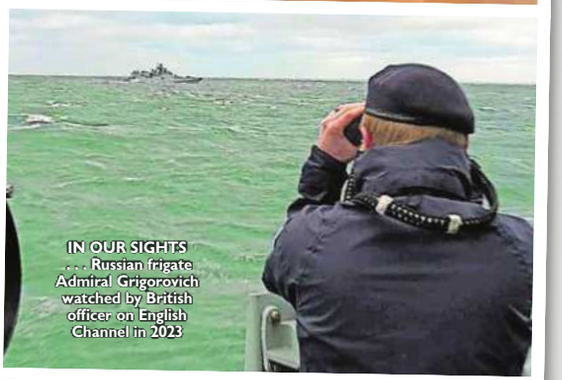
WARNING . . . Kremlin spokesman Dmitry Peskov at peace talks in Kyrgyzstan last week

Russia gru backin Putin

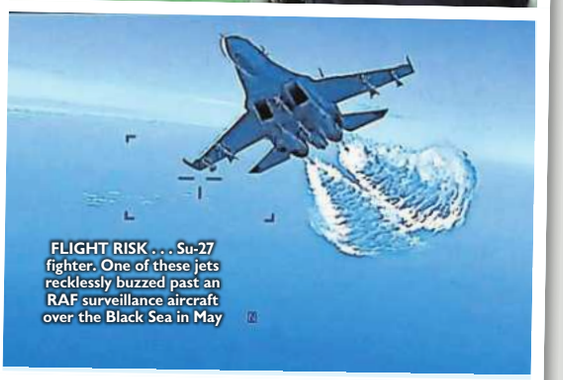
AND DRONE RESPONSE FROM KREMLIN

a bears a huge dge over UK ng for Ukraine. n WILL attack

PRIME TARGET . . . car blaze in May last year on London street where then-PM Sir Keir Starmer had previously lived



IN OUR SIGHTS . . . Russian frigate Admiral Grigorovich watched by British officer on English Channel in 2023



FLIGHT RISK . . . Su-27 fighter. One of these jets recklessly buzzed past an RAF surveillance aircraft over the Black Sea in May

TOO CLOSE FOR COMFORT . . . Ilyushin IL-20 plane, top, and RAF Typhoon in 2023

SMOKE SCREENS . . . experts fear anonymous hacking threat on UK

sub-Article 5, such as an assassination or a cyber attack that shuts down, for example, the NHS for two weeks and a few hundred people lose their lives.

"Or maybe sink UK-related shipping somewhere – something in the grey zone that is difficult to prove who is ultimately responsible."

Russia has form for attacking Britain from the shadows using paid proxies.

In 2024, the Russian mercenary group Wagner hired British men on the Telegram social media app to set fire to a warehouse in Leyton, East London, providing aid to Ukraine.

And this June, two Ukrainian-born men were jailed for torching two properties and a car linked to then-Prime Minister Sir Keir Starmer.

The attacks were orchestrated from inside Russia by a shadowy figure known as El Money whose identity and ultimate boss is unknown. In April, two Russian fighter jets buzzed an RAF Rivet Joint intelligence-gathering plane over the Black Sea.

A Russian Su-27 warplane carried out six passes in front of the RAF aeroplane, getting as close as six metres from its nose.

And in June, the Russian frigate Admiral Grigorovich fired warning shots close to a yacht being sailed by retired couple Alan and Jane Kelvey in the English Channel.

Russia could also launch cyber attacks on Britain.

Mark Galeotti, Honorary Professor at University College London School of Slavonic and East European Studies, identifies Russia as a "safe haven" for cyber criminals – as long as they target the West.

He said: "A tacit agreement is in place. Gangs running hacker attacks against British companies, blackmail scams, online 'phishing' operations and other types of cyber crime will be free to act without interference.

"And if Western agencies attempt to crack down, the Russian state will do all it can to block our efforts. Moscow will deny all knowledge of the gangs."

Russia's threat to the UK comes as Burnham's government struggles to find extra cash to bolster Britain's beleaguered armed forces.

Former military leaders and MPs have called for Britain to spend three per cent on defence by 2030.

Currently, that figure is due to reach just 2.68 per cent – and £4.7billion of that spend remains unfunded.

Bob Seely said: "We haven't got the deterrence capability we once had, and that's now coming back to bite us."

Never has the old roman adage "if you want peace, prepare for war" been more apt.

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Sun health+

STICK TO THESE 3 KEY FOOD RULES

THE FIRST IN A 3-PART SERIES
Follow the exercises and diet tips of Part 1 for a month. We will be printing Part 2 on October 6.

THERE'S no need to overhaul your diet and massively reduce your calories to lose weight and feel good.

Instead, for each phase of this three-month programme, Healthspan nutritionist Rob Hobson will give you three new habits to introduce.

That's it! No counting calories, no salads for every meal or cutting out food groups. Just simple, achievable tips.

The catch is, you must stick to these three habits at all times.

1. EGGS FOR BREAKFAST

ONE of the most beneficial things you can do for your diet is to switch your breakfast.

A lot of our choices for the first meal of the day are high in carbohydrates with little to no protein – think pastries, cereals and milk or jam on toast.

Why is this bad? Protein is filling and will help reduce the urge to snack between meals. Rob says: "You don't need to start eating chicken for breakfast.

"Instead, try Greek yoghurt with fruit, two or three eggs on toast, nuts and seeds in porridge or smoked salmon or smoked mackerel on toast with avocado.

"Getting a decent serving of protein at breakfast also helps spread your intake more evenly through the day, which is useful for maintaining muscle."

Other high-protein breakfasts include cottage cheese (with fruit or on Ryvita with tomatoes), tofu scramble with vegetables, or a smoothie with protein powder.

2. ROTATION OF THREE

WHEN you're busy, tired, or managing a health issue or family, healthy eating might be the last thing on your mind.

So having two to three simple meals you can make on autopilot will save you from falling into the trap of eating convenience food, often high in calories, fat, salt and sugar.

It also prevents you from feeling overwhelmed at finding new, healthy recipes.

Even better if they are fast to make or you can freeze portions. Rob recommends:

- Omelette on wholegrain toast with tomatoes
- A tin of mixed salad beans stirred into a pouch of pre-cooked wholegrain rice with roasted vegetables and a teaspoon of pesto
- A tin of fish, such as tuna or mackerel, with wholemeal pasta, spinach and a good quality pre-made tomato sauce
- Wholemeal couscous with roasted red pepper, chickpeas, feta and a drizzle of extra virgin olive oil and lemon juice.

Rob says: "These meals don't need to be Instagram-worthy. But knowing you can throw them together in five minutes is one of the most practical ways to make healthy eating something you stick to."

3. VOLUME UP

FILL half your plate with high-volume foods.

These are foods that take up lots of space on the plate (and in your stomach), but are low in calories.

For example, vegetables, big leafy salads, stir-fried veg, vegetable soups or fruits.

Visually, you may feel like you're eating more, which can satisfy your brain – half the battle when you are trying to lose weight.

Rob says: "High volume foods help to naturally bring down the calories of your meals while also adding more fibre and nutrients."

Edited by
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+ FAMILY HEALTH
+ FITNESS
+ DIET & NUTRITION
+ SLEEP & WELLBEING
+ MENTAL HEALTH

Read more every day at
thesun.co.uk/health
Email us at
health@thesun.co.uk

Ask Dr Zoe
Your health questions answered
See Page 30

Drop 2 stone in 3 months with the 3/3/3 plan

3 WORKOUTS, 3 DIET TIPS, 3 MONTHS...NO FAT JABS

By LUCY GORNALL

TROUSERS feeling a bit snug? After a summer of holidays and barbecues, it's to be expected.

But now that September's here, so is optimism and fresh motivation. The countdown to Christmas has begun . . . and by the time party season arrives, you could lose a few inches.

Sun Health is bringing you a three-month programme to drop two stone. It's in three parts, each with three workouts using little or no equipment from trainer Will Duru, *left*, and three simple dietary tips from nutritionist Rob Hobson, *right*.

Each part lasts a month. Stay consistent and you could shed 2lb a week and feel fitter and stronger without having to set foot in a gym or go cold turkey on the foods you love.

PICK FROM 3 WORKOUTS TO DO 3 TIMES A WEEK

WHIPPING you into shape is Will Duru a personal trainer and founder of fitness app 12Reps.

For this phase, do three workouts per week, ideally one of each of the below.

Have a rest day between each day of exercise, as this helps the muscles recover so that you can feel energised and motivated for the next one. As you get fitter over the month, feel free to add an extra round or two to each workout.

Alongside your workouts, aim for at least 5,000 steps every day.

A smartwatch will track your steps, or the Apple Health app for iPhone or Health Connect on Android.

Always warm up before exercising, and stretch afterwards, to avoid injury.

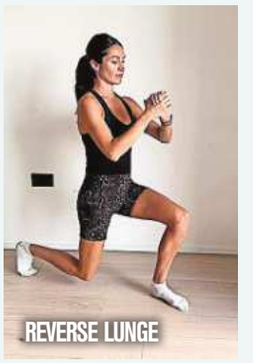
1. THE FOUNDATION

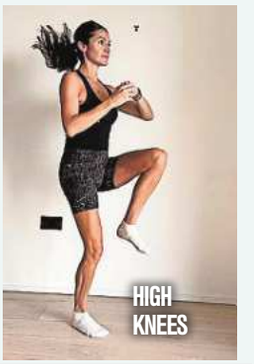
COMPLETE three rounds, only rest when you need to.

SQUATS (20): Stand with feet hip width apart, push hips back, bend knees and squat down until thighs are parallel to ground. Push up through heels to stand.

ALTERNATING REVERSE LUNGES (40): Take a step back and as you do, bend your back knee so you tap the floor. Push up through your front foot to stand. Swap legs.

HIGH KNEES (60): Jog on the spot, drive your knees up towards your hips, pumping your arms as you do. Or, march on the spot, lifting your knees high.


REVERSE LUNGE


HIGH KNEES

2. THE BLITZ

STAR JUMPS

DO **30 seconds** of each exercise with a **20-second** rest between. Complete three rounds.

You should feel out of breath at the end of each 30 seconds.

STAR JUMPS: Jump from the floor and as you do, spread your arms out either side and jump your feet out either side. Or do step jacks – stepping one foot out at a time, while bringing your arms overhead.

SQUAT TO KNEE DRIVE: Squat down, then as you stand, bring your left knee up to your hips. Then, drop straight into your next squat. Alternate knee drives each time you stand.

MOUNTAIN CLIMBERS: In a high plank position, quickly drive your left knee to your right elbow. Step back, before driving your right knee to your left elbow. Keep alternating, quickly as you can.

MOUNTAIN CLIMBERS

3. THE LADDER

FOR each exercise, do ten, eight, six, four and two reps. Then go back up the ladder doing two, four, six, eight and ten reps. Rest when needed.

Press-ups: In a high plank, lower your chest towards the ground, then push up through your hands to come back up. Drop to your knees to make this easier.

V-ups: Lie back, arms overhead. Bring your hands up to meet your shins, lifting shoulder blades off the floor. Lower down, then repeat.

Forward lunges (each leg is 1): Step forward, bend your front knee so it's at a right angle and your back knee taps the floor. Stand, step back to start position. Alternate sides.

V-UPS

Scan the QR code to watch videos of the exercises

PRESS-UPS

Sunhealth+

Expert advice from **Dr Zoe Williams,** our very own resident specialist and practising NHS GP

MENINGITIS is inflammation of the membranes surrounding the brain and spinal cord and can be devastating.

Many of us became more familiar with it in March, when an outbreak in Kent took the lives of two young people.

Now, as students – perhaps your children or grandchildren – go to university, school, sixth form or college, it's important they know the signs.

Meningitis can develop rapidly, sometimes starting with flu-like symptoms before escalating into severe headache, neck stiffness, light sensitivity, vomiting, drowsiness or confusion. Sepsis can also develop.

Teenagers and young adults are at increased risk, partly because close contact with others makes it easier for the bacteria to spread.

NHS England is reminding students born on or after July 21, 2001, to claim their free NHS meningitis B (MenB) vaccine.

Remind young people in your family of the symptoms and to seek urgent medical help if meningitis is suspected.

Here's a selection of what readers have asked me about this week . . .

All the answers to help you sort those niggling health worries

ASK Dr ZOE

Got a question for Dr Zoe? Email her at health@thesun.co.uk

CAN'T SHAKE MY ACHES

Q I'M 59 and, after five months in hospital with Burkitt lymphoma blood cancer in 2023, I'm now in remission. But my bones, from my jaw to the back of my skull, and all my joints, are really stiff.

My doctor prescribed gabapentin but I haven't taken any yet. Is this the right medication?

A Five months in hospital and intensive cancer treatment is an enormous ordeal, and it is very common for people to expect they will feel "back to normal" much sooner than their body is able. Stiffness and reduced flexibility after cancer treatment can have several causes.

Long periods in hospital can lead to muscle loss, deconditioning and joint stiffness. Chemotherapy, steroids, reduced activity, weight change and inflammation, vitamin deficiencies and menopause-related changes can all affect muscles, joints and bones.

Some lymphoma treatments can also have longer-term effects.

For example, vincristine can cause peripheral neuropathy – which may feel like burning, tingling, shooting pain, numbness or altered sensation.

Gabapentin is usually prescribed for this type of nerve pain, not for ordinary joint stiffness.

Steroids, which are often used during lymphoma treatment, can contribute to muscle weakness and, rarely, bone problems such as avascular necrosis, where blood supply to part of a bone is reduced. This usually affects joints such as the hip, knee or shoulder. But new severe or persistent bone pain after cancer treatment should be assessed.

Jaw pain or stiffness may be dental, jaw-joint or neck-related.

Osteonecrosis of the jaw – a serious condition where part of the jawbone loses blood supply and dies, leading to exposed bone in the mouth – is not usually caused by standard chemo alone, but may be more associated with medicines such as bisphosphonates or denosumab, radiotherapy to the jaw, dental extractions or infection. If you have exposed bone, loose teeth, swelling, non-healing mouth ulcers, numbness or pain if chewing, you should have a dental or maxillofacial review.

Ask your doctor what they think gabapentin is treating, and contact your haematology team about the possible late effects of treatment. You may benefit from cancer rehabilitation physiotherapy and blood tests.

You survived something huge. You deserve support with recovery.

Q I AM 66 years old and have suspected seronegative psoriatic arthritis. I was diagnosed with inflammatory arthritis in May 2022.

I stopped taking methotrexate due to bad stomach issues.

My rheumatologist is away so I recently saw two different consultants who gave different advice.

One proposed leflunomide or sulfasalazine after an ultrasound suggested extensor tendon inflammation.

Another is suggesting methotrexate injection to bypass the stomach.

My latest bloods (ESR and CRP2) show low inflammation and I have pain on and off in my feet, hands, wrists and elbows.

I am so confused as to what treatment I need. As a regular reader, I would value your advice greatly.

A Psoriatic arthritis can often be difficult to assess because the symptoms do not always match blood results.

Your inflammation markers are reassuringly low, but some people can still have tendon or joint inflammation despite normal blood tests.

The ultrasound result is important. Extensor tendon inflammation suggests inflammation around the tendons on the back of the hands or wrists, which can fit with psoriatic arthritis.

It often affects tendons and the points where tendons attach to bone, as well as joints.

The medications being discussed are all disease-modifying anti-rheumatic drugs, or DMARDs.

Their aim is not just pain relief, but reducing inflammation and preventing damage over time.

Leflunomide and sulfasalazine are commonly used alternatives when methotrexate is not tolerated.

Injectable methotrexate is also a sensible option to discuss, because it can reduce side-effects for some people by bypassing the gut.

The two opinions are not necessarily contradictory – one consultant is suggesting moving to a different DMARD; the other is suggesting trying methotrexate by a different route.

I would contact the rheumatology department, explain the situation and ask for a clear explanation of the pros and cons of each option in your case: likely benefits, side-effects and how long to try it before judging response.

A specialist rheumatology nurse may be able to help you make a shared plan.

Shingles has left me in terrible pain

Q A FEW years ago, I had a bad case of shingles on the right side of my chest, underarm and to the back. Ever since, I've suffered excruciating pain. Even the touch of clothes is unbearable.

I'm a 74-year-old male. Paracetamol doesn't help and my doctor said there's not really much else that can be done as it has damaged my nerve endings.

Is this something I just have to put up with? I don't want to go anywhere, which is frustrating my wife.

A I'm sorry to hear you have been living with this. Pain after shingles is very real and can become socially limiting, so I understand why it is having such a big impact on both you and your wife. What you describe sounds very typical of post-herpetic neuralgia. This is long-lasting nerve pain after shingles.

Shingles affects a nerve and the strip of skin supplied by that nerve, which is why the original rash can appear as a band around one side of the chest, underarm or back. After it clears, the nerve can remain irritated or damaged. The pain may feel burning, stabbing, electric, raw or exquisitely sensitive to touch.

Even light clothing can feel painful, as you know. This is called allodynia.

Paracetamol often does very little for nerve pain so please don't assume because that hasn't worked, nothing will. There are medications specifically aimed at nerve pain, such as amitriptyline, gabapentin or pregabalin.

These are not ordinary painkillers and need to be started carefully, especially at 74, because they can cause drowsiness, dizziness or unsteadiness.

There are also topical options, such as lidocaine patches or capsaicin treatments, which may help some people with localised nerve pain.

So no, I wouldn't say this is something you simply have to put up with.

It may not disappear completely, but it can likely be improved.

TIP of the WEEK

GOT high blood pressure? Eating pulses (beans, peas, chickpeas and lentils) can help.

They may contribute to modest reductions in blood pressure, as part of an overall healthy diet.

They're also a source of fibre and plant protein – and cheap and easy to add to meals.

MENOPAUSE DRUG HOPE

AN EXPERIMENTAL cancer drug could help ward off menopausal symptoms such as weight gain, bone loss and brain fog.

Experts at the University of East Anglia are developing the pill, CADD522, to fight bone cancers, by blocking a protein that helps them grow.

But tests on mice have found it could also protect against damage caused by women's falling oestrogen levels during menopause.

Study author Dr Darrell Green expects the same benefits could apply to humans. He said: "We found that a drug originally developed to stop cancer could help millions of women facing the twin challenge of fragile bones and midlife weight gain.

"The biggest surprise came when we looked beyond bone health. The mice receiving CADD522 weighed less than their untreated counterparts despite eating the same amount of food. They also had less body fat and fewer fat deposits inside their bone marrow – a process that is commonly seen after menopause and is linked to declining bone health.

"We didn't directly test for memory or thinking ability, but our work raises questions about whether this drug could one day help address wider menopause-related health problems."

Women typically go through the menopause in their forties and fifties, when their fertility ends.

Millions suffer side effects like brain fog, mood swings, trouble sleeping, night sweats and thinning hair, as well as weight gain and bone damage.

WEIGH-IN . . . pill may help

CHILD FLU VACCINE CALL

PARENTS are being urged to sign their children up for flu vaccines as the autumn rollout begins.

Health officials say millions of kids were unprotected last year, as only half received the nasal spray.

The jab-free vaccines are given out on the NHS to pupils at all state schools.

The influenza virus can make children seriously ill, with under-fives more likely than pensioners to end up in hospital.

It can trigger pneumonia, bronchitis or diarrhoea and vomiting, and children may spread it to vulnerable elderly relatives.

Statistics from the UK Health Security Agency show 2.5million out of 4.5million eligible primary school children in England were vaccinated last year. In Scotland, the uptake decreased from the previous year, from 68 to 67 per cent, with only around 50 per cent of pre-schoolers and secondary school children vaccinated. In Wales, uptake was 46 per cent in secondary schools and 58 per cent in primary.

Dr Suzanna McDonald, flu chief at the UKHSA, said: "Younger children are at higher risk of developing complications from flu and being hospitalised.

"Ensuring children are vaccinated with a painless nose spray not only helps protect them, but also helps stop them spreading it into the wider community and to those who may be even more vulnerable, such as younger siblings and grandparents.

"That is why we are so concerned that flu vaccine uptake in primary schools is too low and many thousands of children are unprotected – it's vital we turn this around."

dear deidre

Edited by SALLY LAND

Need our help? Email deardeidre@the-sun.co.uk any time

Team: JANE ALLTON, HILARY FREEMAN, KALLY LEWIS, CATHERINE THOMAS and KATE TAYLOR

She's pressured into abusive sex

Dear Deidre

AGREEING to a threesome with a couple was fun and uncomplicated but since getting to know the woman, I have become seriously worried for her safety.

Her partner is completely depraved and has begun demanding increasingly extreme sexual activities.

I met them when I answered an ad online. They wanted a man to join them for a threesome.

I'm 37 and single and they seemed really lovely.

They said they were both 41 when I met them in a pub.

We went back to their place and had sex together – there were no issues. I met them a couple more times, then I ran into her in town and she asked if I'd go for a coffee with her.

She looked terrible. There was a look in her eyes I'd never seen.

Over a drink, she explained that her partner had become controlling and insistent that she complied with his sexual kinks. An ordinary threesome was no longer enough – he'd insisted that she have sex with two other men while he looked on.

She said these guys were physically rough with her and her boyfriend had allowed it to happen.

Then she revealed he had put a notice on a dogging website saying men could pay for sex with her. She said that three men turned up in response, and her partner had threatened to harm her if she didn't go along with it.

His latest plan is advertising on the dark web for ten colleagues from a workplace to pay big money for sex with her. She's terrified.

He's twisted and I want to help her to get her away from him. But should I mind my own business?

■ DEIDRE SAYS: You might be the only friend she has right now. She's in danger. Her boyfriend is abusive, using her for his own sexual kicks and financial gain.

Only she can decide to move on from this life of depravity – you can't do it for her. However, you can encourage her to contact The National Domestic Abuse Helpline (nationaldahelpline.org.uk, 0808 2000 247) for urgent help.

If she accepts that there is a better life for her without this controlling man, the charity Rights Of Women (rightsof women.org.uk, 020 7251 6577) will advise her.

You may be risking your sexual health or endangering yourself by answering ads for sex with strangers.

If you'd like a long-term relationship, my support pack called Finding The Love Of Your Life will help.

here for you

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Is something troubling you? Our experienced counsellors are here to offer insight and practical help. Email or DM us (details below) or scan this QR code to send a WhatsApp.

I WORRY FOR SON'S FUTURE

Dear Deidre

MY son has just gone into sixth form but he doesn't want to stay. He says he'd prefer to leave school and get a job.

He's nearly 17 and his GCSEs were a nightmare. He scraped through to get enough to stay on at school but that was only with me and his stepdad going on at him.

We were surprised when he passed his exams.

The logical thing is for him to get some A-Levels then perhaps go to university.

His older brother has been in trouble with the police and he's a bad influence on him.

My older son is now a plasterer but he drinks quite a bit and smokes weed.

There are constant arguments in the house now with my youngest becoming really disrespectful.

■ DEIDRE SAYS: This is your son's life, not yours and university may not necessarily keep him out of trouble.

School subjects can feel dull but a vocational course may keep his interest.

Rather than having a go at him, walk alongside him. Tell him how proud you are of him and you'll support him in whatever he chooses.

Suggest he takes a free skills test through the National Careers Service (nationalcareers.service.gov.uk/discover-your-skills-and-careers).

A college course or an apprenticeship may suit him better, giving him qualifications while studying for a career he's passionate about.

DAUGHTER STRUGGLES WITH KIDS

Dear Deidre

WATCHING my daughter struggle to provide for her children while their dad ignores all of his responsibilities is tearing me apart.

I'm 62 and she's 34. She has two children, aged five and seven, and has always worked hard to make ends meet.

Their dad used to pay regular maintenance, but six months ago the payments stopped. At first he said he was having problems at work and would catch up, but now he won't answer her messages.

She opened a case with the Child Maintenance Service, but months later she's still waiting for the money.

I help where I can but I'm not exactly well-off myself. She's taken on extra shifts and stopped buying anything for herself, but she still finds it hard to cover everything.

It's breaking my heart seeing her struggle so much, and I feel so helpless that I can't do anything to fix this.

■ DEIDRE SAYS: No parent wants to watch their child struggle, and it's clear you're doing what you can to support her.

If the Child Maintenance Service isn't resolving things, encourage her to make a formal complaint and keep copies of all correspondence. If she's unhappy with the response, she can ask for it to be reviewed.

Citizens Advice (citizensadvice.org.uk) has useful information about challenging the CMS and can explain her options.

hot topic

BREAK-UPS can be painful even when you're the one who knows it's time to walk away. You may feel sadness, anger, guilt or even relief – and it's common to find yourself missing the happier moments despite knowing the relationship wasn't working.

When the future you imagined together suddenly changes, it can take time to work out what comes next.

If you're struggling with the end of a relationship, my support pack, Moving On, can help.

stories

deidre's photo casebook | JAKE'S DOUBLE TROUBLE: **DAY 2**

Clothes by Boohoo and BoohooMAN

CONTINUES TOMORROW

Dear Deidre

BACK in the day I had some wild times sleeping around. Now I'm scared that period of my life will come back to bite me.

I'm a 24 year-old woman and I'm in a great relationship with a guy of 26.

When I was in my late teens, I went out with a lad from school for two years but he went off to university and dumped me.

I was heartbroken but moved on by attention-seeking and going out with friends, then getting together with anyone I could.

Some were one-night stands and some were guys I vaguely knew, but I know I was behaving recklessly.

Sometimes I'd have protected sex and sometimes not. I was lucky I didn't get pregnant when I think about it.

STI SCARE AFTER MY WILD YEARS

My boyfriend now is lovely. We get along so well and we've been out on dates a few times but he says he wants to take his time before we have sex. He says he wants it to be special.

He wants to reassure me that he's in this for the long haul and he's shown me that he's had an STI check and it's all clear.

It really made me think. I need one too, don't I?

Some of the guys I slept with, I didn't even know their name, never mind their background.

■ DEIDRE SAYS: You'd be wise to do it for your own peace of mind. It's reassuring that your boyfriend wants to wait and this gives you some time to get this sorted out.

Some STIs can be symptomless but most are easily treatable.

If you have been unfortunate enough to pick something up, you can get some medication and put all this behind you.

You can find help through your nearest free NHS clinic (www.nhs.uk/nhs-services/sexual-health-services).

Your relationship with this new man sounds promising – and my support pack, How To Look After Your Relationship, will help you both to ensure you get the best out of what you have together.

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get in touch

Worried about something? My team is here to help. Please contact us or follow us.
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Instagram:@dear.deidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Tuesday

Sun TV 4-PAGE SECTION

TV GUIDE

BBC ONE

6am Breakfast (S)
9.30 Morning Live Magazine. (S)
10.45 Rip Off Britain The homeowner left questioning a trusted comparison site. (S)
11.30 Homes Under The Hammer Featuring properties in Eastbourne, Grimsby and Worcestershire. (R,S)
12.15 Bargain Hunt Charlie Ross presents a special edition focusing on furniture. (R,S)
1.00 BBC News (S)
2.00 Money For Nothing Breathing new life into soggy gazebo covers, an old sofa and a sideboard. (S)
2.45 Escape To The Country Steve Brown helps a couple from Bedfordshire relocate to the Fens. (R,S)
3.45 Garden Rescue Transforming a characterless garden in Daventry. (R,S)
4.30 The Answer Run Quiz hosted by Jason Manford. (R,S)
5.15 Pointless Low-scoring quiz show hosted by Alexander Armstrong and Gok Wan. (S)
6.00 BBC News (S)
6.30 Regional News (S)

8pm The semi-finalists make leather jackets in The Great British Sewing Bee

7.00 The One Show Alex Jones and Vernon Kay present another mix of nationwide reports and live studio-based chat. (S)
7.30 EastEnders Chaos erupts at Max and Cindy's wedding, and Denise receives good news. (S)
8.00 The Great British Sewing Bee (9/10) The semi-final sewers make plant-based leather jackets, transform men's shirts into women's wedding outfits and come up with their own made-to-measure little black dresses. (S)
9.00 Celebrity MasterChef (10/15) The semi-finalists are split into teams and tasked with serving up a banquet for 120 diners at Quaid-e-Azam Grand Ballroom in Birmingham. (S)
10.00 BBC News (S)
10.30 Regional News (S)
10.40 Creed III
FILM Adonis Creed retires from boxing as the undisputed heavyweight champion of the world to devote more time to his musician wife Bianca and their daughter Amara. When childhood friend Damian Anderson resurfaces after a stint behind bars, Creed is lured back into the ring to settle an old score. Boxing drama sequel directed by and starring Michael B Jordan with Tessa Thompson, Jonathan Majors and Wood Harris. (2023) ✪✪✪✪ (S) Followed by **Weather For The Week Ahead**
12.35-6am BBC News (S)

BBC TWO

6.30 am Saturday Kitchen Best Bites (R,S)
8.00 Sign Zone: The Great British Sewing Bee (R,S,SL)
9.00 BBC News (S)
12.15 Politics Live (S)
1.00 Richard Osman's House Of Games (R,S)
1.30 The Edge (R,S)
2.15 Weatherman Walking Derek Brockway walks the Clywedog Valley Trail in North Wales. (R,S)
2.45 Animal Park Kate Humble meets Longleat's newest female red panda. (R,S)
3.30 Who Do You Think You Are? Chris and Xand van Tulleken research their heritage. (R,S)
4.30 Vintage Antiques Roadshow From Woburn Abbey in Bedfordshire. (R,S)
5.15 Flog It! David Harper and Philip Serrell are in Norfolk. (R,S)
6.00 Richard Osman's House Of Games James Buckley, Amy Gledhill, Romilly Weeks and Gary Wilmot take part. (R,S)
6.30 Clive Myrie's Caribbean Adventure Clive discovers a new talent for dancing in Kingston. (R,S)

8pm A surfer is left paralysed by a wave in Saving Lives At Sea

7.00 Nigellissima (6/6) Dishes served up feature lamb chops with mint and chilli, plum and amaretti crumble, farro risotto with mushrooms and chocolate pasta with butterscotch sauce. (R,S)
7.30 Race Against The Tide (4/6) The five remaining teams make monsters out of sand. (S)
8.00 Saving Lives At Sea (4/10) A surfer is left paralysed by a wave, there's a frantic search for two paddleboarders swept over a mile out to sea and a crew race against time to rescue a fisherman trapped in mud. (S)
9.00 Emergency 24/7 (4/6) After his dangerous driving causes a crash, Tom arrives in ED along with his victim. A young horse rider is paralysed after a fall, but doctors struggle to find the cause. (S)
10.00 Colin From Accounts (2/10) Gordon is determined to prove he and Ash are just mates so he invites her and her boyfriend Dave to his birthday party, which is being thrown by his new girlfriend Chelsea. (S)
10.30 Newsnight With Victoria Derbyshire. (S) Followed by **Weather**
11.05 Gosford Park
FILM Period drama starring Maggie Smith and Kelly Macdonald. (2001) ✪✪✪✪ (S)
1.15 Sign Zone: Celebrity MasterChef (R,S,SL) **2.15** Swipe Right For Sperm (R,S,SL) **2.45-3.45am** The Big Deal With Steph McGovern (R,S,SL)

itv1

6am Good Morning Britain (S)
9.30 Lorraine Entertainment and fashion news. (S)
10.00 This Morning Celebrity chat and lifestyle features. (S)
12.30 Loose Women More celebrity interviews and topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal David and his dealers visit Telford and set up shop in the International Centre. Mark Stevens and Alison Chapman strike gold, and a furry ferret comes along to sweeten a deal. (R,S)
3.00 Lingo A couple, a mother and son, and a father and son compete in the quiz. (R,S) Followed by **Local Weather**
4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (R,S)
5.00 The Chase Quiz show hosted by Bradley Walsh. (S)
6.00 Regional News (S)
6.30 ITV News (S)

8pm Joel Dommett hosts The National Television Awards 2026 ceremony

7.30 Millionaire Hot Seat Jeremy Clarkson hosts the quiz where each episode sees six hopefuls compete for £1 million – however, only one player can take their place in the Hot Seat at a time and answer multiple-choice questions to work their way up the Money Ladder. (S)
8.00 The National Television Awards 2026 Joel Dommett hosts the 31st edition of the ceremony from the O2 London as stars and a host of fans celebrate the UK's favourite TV shows and talent as voted for by viewers across the country. Vying for prizes are headline-making shows including I'm A Celebrity..., The Celebrity Traitors, Heated Rivalry, Amandaland and The Other Bennet Sister, and there is a double nomination for David Attenborough in the year he turned 100. (S)
10.30 ITV News At Ten (S)
11.00 Regional News (S)
11.15 Murder On A Knife's Edge: True Crime Presents The case of Wayne Coventry, who sought love after 18 years with his childhood sweetheart, but the 37-year-old father-of-three was involved in a toxic relationship and was murdered in October 2019. (R,S)
12.10 Shop On TV 3.00 Wheel Of Fortune. John, Jess and Paris try to win a potential jackpot of £50,000. (R,S,SL) **3.50** Unwind With ITV (S) **5.05-6am** Dickinson's Real Deal (R,S,SL)

4

6.30 am The King Of Queens (R,S)
7.45 Everybody Loves Raymond Triple bill. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's 24 Hours To Hell And Back Helping the owners of Vasi's Restaurant and Bar. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Simon converts a trough into a bioethanol patio heater. (R,S)
1.10 The Great House Giveaway A structural engineer and housewife renovate a property in Newcastle. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Help! We Bought A Village Storms devastate Steve and Sarah's village in Portugal. (S)
5.00 Four In A Bed Trisha and Lucy host at their Cambridgeshire glampsite. (S)
5.30 Come Dine With Me Jason plans a menu of Yorkshire's finest food on the second evening in Bradford. (R,S)
6.00 A New Life In The Sun: Where Are They Now? Sarah and Luther take their B&B in a new direction. (S)

6pm Visiting Sarah and Luther in A New Life In The Sun: Where Are They Now?

7.00 C4 News (S)
8.00 The Dog House (2/6) Corina and Honey the cavapoo get off to a shaky start. But Honey has a trick or two to turn things around. Football-mad Josh hopes Ruby the Staffy could be his perfect team-mate. (R,S)
9.00 The Jury: 14 And On Trial For Murder (3/4) The focus shifts to older brother Luke, asking if he was the ringleader or whether his younger brother is turning against him to save himself. Concludes tomorrow. (S)
10.00 Gogglebox (1/16) The armchair critics share their opinions on what they have been watching during the week with cameras capturing their instant reactions and lively discussions. Their watchlist includes Trigger Point, Celebrity MasterChef, Love Is Blind: UK, Millionaire Hot Seat, Long Lost Family, Race Against The Tide and The Yorkshire Vet. (R,S)
11.05 Celebrity Gogglebox (3/6) Shows including Bake Off: The Professionals and Love Island are appraised. (R,S,SL)
12.10 Love Cheats Cases of romance fraud. (R,S,SL) **1.05** Ramsay's Kitchen Nightmares USA (R,S,SL) **1.55** Millionaire Hoarders (R,S,SL) **2.50** Taskmaster (R,S,SL) **3.45** Sunday Brunch Best Bits (R,S) **4.00** George Clarke's Adventures In Americana (R,S,SL) **4.55** Couples Come Dine With Me (R,S) **5.50-6.30am** Countdown (R,S)

5

6am Milkshake!
9.15 Jeremy Vine The issues of the day. (S)
11.30 Storm & Alexis Discussion and debate. (S)
12.45 5 News (S)
12.50 Matt Allwright Debate on the day's biggest stories, and consumer advice to help viewers save money. (S)
2.20 My Husband's Killer Affair
FILM Michelle Clark hires Melissa Juneau as her live-in nanny, blissfully unaware of the danger she has put her family in. Thriller starring Kyana Teresa. (2024) ✪✪✪✪ (S)
4.00 Castle A body is found in the theatre staging Martha's latest show. (R,S)
4.55 Love Nature Cameras follow father and son pigeon-racers in South Wales. (R,S)
5.00 5 News With Dan Walker (S)
6.00 Amazing Railway Adventures With Nick Knowles The presenter explores Norway, stays for a night on the River Namsen and takes a helicopter ride. (R,S) Followed by **5 News Update**

8pm PC Ben Edwards in Motorway Cops: Catching Britain's Speeders

7.00 Cycling: Vuelta A España 2026 Highlights of stage 16 of the Grand Tour race, a 181.1km route from Cortegana to Palos de la Frontera. (S) Followed by **5 News Update**
8.00 Motorway Cops: Catching Britain's Speeders There's an operation to stop a cloned pick-up truck suspected to be stolen on the M6. In South Staffordshire, PC Ben Edwards responds to a call about an erratic driver who has no lights on. (S)
9.00 The Game (3/4) Huw uncovers evidence suggesting Jonathan may never have been murdered at all – and that Patrick fabricated the confession in response to police inquiries. (S)
10.00 The Day The Queen Died: Minute By Minute Recounting the events of September 8, 2022, from early signs of concern to the interruption of Parliament and the royal family converging on Scotland. (R,S)
11.35 Police: Night Shift 999 (4/8) PCs Hayes and Fox are called to a suspected fight. (R,S)
12.35 Cops (R,S) **1.00** Teleshopping (R,S) **2.00** GPs: Behind Closed Doors (R,S) **2.55** Castle (R,S) **3.45** The Highland Vet (R,S,SL) **5.00** The Wonderful World Of Chocolate (R,S,SL) **5.25** Entertainment News On 5 (S) **5.35** Paw Patrol (R,S,SL) **5.50-6am** Mixmups (R,S,SL)

REGIONAL VARIATIONS S4C: **6am** Cyw **12.00** Newyddion S4C A'r Tywydd **12.05** Codi Pac **12.30** Heno **1.00** Bwrdd I Dri **1.30** Ffermio **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Cymro Cryfa' 2026 **4.00** Awr Fawr: Byd Carlo Bach **4.10** Mojo Swoptops **4.20** Fferm Fach **4.35** Twm Twrch **4.50** Annibendod **5.00** Stwnsh: Criw'r Cwt **5.15** Grisi A'r Lemingod **5.25** Y Tri Mysgedwr **5.40** Un Cwestiwn **6.00** Y Sîn **6.30** Codi Hwyl **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Rownd A Rownd **8.55** Newyddion S4C A'r Tywydd **9.00** NEW Am Le I Fyw **10.00** Iaith Ar Daith **11.00-12.05am** Y Cosmos

FILMS ✪✪✪✪✪ Brilliant ✪✪✪✪ Very Good ✪✪✪ Good ✪✪ Not Bad ✪ Poor (R) Repeat (S) Subtitles (SL) Sign Language (HD) High Definition

By **ROD McPHEE**
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IN DEMAND . . . Odudu & Best

JUGGLE IS REAL FOR AJ & WILL

AJ ODUDU has squeezed into another latex number to launch the new series of Big Brother with co-host WILL BEST.

And they'll both need to be flexible to juggle a manic workload this autumn.

After finishing on ITV's reality series, AJ will jet off to Australia for I'm A Celebrity, while Will is featuring on this year's Strictly Come Dancing.

He laughed: "I have no idea whether I can dance so it's going to be quite stressful. But the juggling will be fine.

"And the main thing is, I've got Big Brother every night to watch to calm me down."

AJ added: "I'll be doing all the Big Brother social stuff and I'll be watching [new spin-off] The Group Chat. That will be my main focus, and then Will will be dancing.

"It's going to be the biggest, longest series in this iteration of Big Brother ever."

The show returns on Sunday on ITV2 and ITVX at 9pm.

CELEBRITY Catchphrase will return for a 12th series on ITV. Host **STEPHEN MULHERN** will again ask famous faces to decipher head-scratching sayings from the animated picture puzzles. He said: "We love making the show. All the family can watch, and it raises huge amounts for great causes."

WOSSY'S MISTER CUFF GUY

JONATHAN ROSS has started work on the new series of Channel 4's Handcuffed – and he's getting a lot more involved this time around.

On his Reel Talk podcast, show host Jonathan said: "I do actually physically cuff them. Oh baby, I've been promoted! And I quite like doing the cuffing. It gives me a sense of power over these poor people."

HOST . . . Ross

The show sees total strangers handcuffed together 24/7 in a bid to win a £100k prize. Jonathan teased: "There's some interesting pairings this time. Seven couples have already been sent off.

"I'm not gonna say what's happened but we've had quite a lot of drama already and quite a lot of nice, touching moments as well."

More listings: Pages 34 & 35

BAKE OFF'S NEW BATCH

HERE'S the new clutch of cooks lining up for The Great British Bake Off.

There's Clara, a marketing graduate who is obsessed with her pet pygmy hedgehog, NHS worker Connie who is known as "the Cake Lady", and tech lover Danni, who brings her love of video games to her baking.

The "Daddy of Birmingham drag" Gabe has been a Bake Off fan since they were 13, while pensioner Gary didn't discover his passion for baking until later in life. Charity worker Molly's cakes are inspired by her grandma, while student Moyin started baking aged five and law graduate Mo began at the even younger age of three.

Ad worker Nikki uses baking as therapy, Shannon is a nature-loving foodie and Tom describes himself as a "northern diva".

Finally, doctor Yannis hopes to challenge the stigma that Bangladeshi men don't belong in the kitchen.

They'll all be vying to catch new judge **NIGELLA LAWSON**'s eye as she becomes **PAUL HOLLYWOOD**'s sidekick in the famous tent.

Ahead of the show's return, the pair posed for a snap with hosts **ALISON HAMMOND** and **NOEL FIELDING**.

The Great British Bake Off is back on September 22 on Channel 4 at 8pm.

Michelle gets top cop tips from pop

KEEGAN CLUED UP FOR THRILLER

MICHELLE KEEGAN knew just who to ask for advice when she landed her first TV cop role — her DAD.

She plays detective Emma Crane in new ITV thriller The Blame and encounters deep-rooted mysogyny as she investigates the killing of a schoolgirl.

The murder inquiry spirals into a tangled web of lies, institutional cover-ups as she discovers the men she calls her colleagues might be involved.

ADVICE . . . with her dad Michael

Michelle was determined to do justice to real-life cops, so would grill her dad Michael.

She explained: "He was an inspector having been in the police since he was 17. So I used to ask, 'Dad, what do you think about this?'

"When I was doing meeting scenes, I was like, 'How would you talk to people in the police force and how was your body language?'

"I used to go to him quite a lot. He was a good resource."

She also took inspiration from a rival Channel 4 show.

Michelle said: "We watched a lot of 24 Hours in Police Custody. It's quite addictive.

"And we had an amazing police adviser on set, Lisa, she was absolutely fantastic."

Michelle said Lisa would pull them up if something did not ring true – especially during tense interview scenes.

She added: "She was there saying stuff about body language. She was very black and white, like, 'That doesn't make sense, you wouldn't do that.'

Michelle admits she felt a "sense of responsibility" portraying her character in the show which launches on ITV and ITVX on September 20.

She said: "Emma's a very strong female in a male-dominated environment, and I feel like she holds her own.

"She's one of those girls that will take no nonsense. And I just found that really exciting. I felt a sense of responsibility to make it as fair and accurate as possible."

While the focus is on misogyny within the police Michelle reckons the issue is occurs in offices up and down the country.

She hopes the drama will prompt others to speak out.

Michelle said: "We want to start a conversation. It is something people can relate to in their workplace and speak up and feel comfortable to speak up.

"If they don't feel comfortable in a certain way, they have now got a way of talking to different people and speak up about it. Hopefully people can recognise that behaviour as well.

"Be more Emma. What would Emma do?"

And viewers can expect plenty of surprises when The Blame hits screens because even Michelle was blindsided by its twists.

She teased: "I didn't see the twists coming – I was very shocked. I think the audience will be shocked as well."

WHO'S TO BLAME? . . . Michelle as cop Emma Crane in new ITV thriller

RAY: IT'S STRICTLY BUSINESS

RAY WINSTONE is causing a headache for Strictly bosses ahead of the new series.

The movie hardman has teased that himself and DANNY DYER could come to blows in the audience if their daughters JAIME and DANI – who are both due to compete – fall out.

SUPPORT . . . Ray with Jaime

Cockney pals Ray and Danny have just finished filming a movie, but Ray says their relationship could be tested when the BBC dance show returns on September 19. On ROMESH RANGANATHAN's podcast, he said: "Maybe we'll meet up, me and Danny, watch our daughters do their thing, fight in the audience and end Strictly for good. The Dyers and the Winstones blow it up."

It would certainly make a change from the in-fighting behind the scenes.

ITV has bought Blue Murder Motel – a smash-hit crime thriller Down Under. It will air on ITV3 and stream on ITVX this October. Married Australian police detectives Vinny and Cole try, in vain, to leave their cop careers behind by investing in their dream – a hotel in New Zealand.

Tuesday

Sun TV 4-PAGE SECTION

FREEVIEW

BBC THREE freeview 23

7pm The Catch Up **7.05** Deadly 60 **8.00** Top Gear **10.00** Disclosure: Welcome To Glasgow. Claims that parts of Scotland's biggest city have become no-go zones. **11.00** Disclosure: Hunting The Whisky Bandits **12.00** Sin City: The Real Las Vegas **1.30-2.30am** Top Gear

BBC FOUR freeview 9

7pm The Architecture The Railways Built **7.45** The Flying Gardener **8.00** To The Manor Born **8.30** Keeping Up Appearances **9.00** The Fall And Rise Of Reginald Perrin **10.00** The Killer Wave Of 1607: Timewatch **10.50** Japan's Master Of Restoration **11.40** The Joy Of AI **12.40** The Secret Rules Of Modern Living: Algorithms **1.40** The Flying Gardener **1.55-2.45am** The Killer Wave Of 1607: Timewatch

ITV2 freeview 6

6am Backyard Builds **6.30** Dinner Date **7.30** The Real Housewives Of Potomac **8.20** The Real Housewives Of Beverly Hills **9.15** The Only Way Is Essex **10.15** Dawson's Creek **11.10** Charmed **12.05** Deal Or No Deal **1.05** Supermarket Sweep **2.05** Wheel Of Fortune **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** Wheel Of Fortune **8.00** The 1% Club **9.00** Olivia Attwood: The Price Of Perfection. Olivia discovers the side effects from being on the so-called 'skinny jabs'. Last in series. **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55-2.20am** Totally Bonkers Guinness World Records

ITV3 freeview 10

6am Wild At Heart **7.05** Classic Emmerdale **8.05** Classic Coronation Street **9.10** Poirot **11.25** Heartbeat **1.35** The Royal **2.40** Wild At Heart **3.40** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Downton Abbey **11.00** Scott & Bailey **12.55-2am** The Darling Buds Of May

ITV4 freeview 26

6am American Pickers **8.05** Minder **9.10** The Champions **10.15** The Sweeney **11.20** The Professionals **12.25** The Champions **1.30** American Pickers **3.40** The Sweeney **4.50** The Professionals **5.55** Minder **7.00** Ice Road Truckers: Deadliest Roads **8.00** World Superbike Highlights **9.00 FILM** London Has Fallen. Thriller with Gerard Butler. (2016) **11.05** All Elite Wrestling: Collision **1.00-2am** Benidorm

E4 freeview 13

6am Hollyoaks **6.55** Rude(ish) Tube Shorts **7.00** Couples Come Dine With Me **8.00** Ramsay's Kitchen Nightmares USA **10.00** America's Funniest Home Videos **12.00** The Simpsons **2.00** The Goldbergs **3.00** Modern Family **5.00** The Simpsons **7.00** Hollyoaks **7.30** Brooklyn Nine-Nine **8.00** The Great Celebrity Bake Off For Stand Up To Cancer **9.00** Below Deck Down Under. It's the final night of the charter. **10.00** Sarah Millican: Control Enthusiast **11.00** First Dates **12.05** Naked Attraction: All Out & Proud **1.10-2.10am** Below Deck Down Under

MORE4 freeview 18

8.55am Four In A Bed **11.35** Come Dine With Me **2.15** Four In A Bed **4.50** Car S.O.S **6.50** Grand Designs **9.00** PopMaster TV **10.00** 24 Hours In A&E **12.05** 999: On The Front Line **1.10-2.15am** 24 Hours In A&E

GLOVES ARE OFF . . . Mr T has issues with new documentary

MR. T: 'I PITY THE FOOL'

Netflix

A GOOD indication a documentary is worth watching is when its subject publicly declares their disapproval of it.

And that's certainly the case with A-Team legend Mr T, who's gone rogue at both Netflix and the film's director by accusing both of depicting him as "a monster" in the latest of the streamer's Untold series.

But truth be told, Mr T is guilty of an overreaction here as he comes out of the documentary well and with his cult status unharmed.

Indeed, fans of the show and that mid-Eighties era, when Mr T was the "most famous man on the planet", should lap up this special like B A Baracus downing milk before a flight.

It's a brilliant nostalgia trip harking back to a time when good versus evil shows with a mode of transport at its centre and a pumping theme tune were commonplace.

They usually screened on a Saturday night before Cilla strutted onstage for Blind Date.

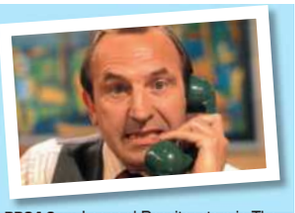
Mr T recalls his tough upbringing in the Chicago projects and how his beloved mother getting mugged sparked his decision to become a bodyguard.

He then delves into how Sylvester Stallone plucked him out of obscurity to fight Rocky Balboa in Rocky III, in 1982, and the subsequent creation of the A-Team, which was made around him due to his popularity at the time.

His former agent, whom Mr T fell out with, delivers some home truths about the actor, including his feud with George Peppard sparking the end of the action series, and how his

SKY MIX freeview 11

7am Border Security: Canada's Front Line **8.00** Border Patrol **9.00** Nothing To Declare **11.00** Border Security: America's Front Line **12.00** Caught On Dashcam **1.00** Police 24/7 **2.00** Nothing To Declare **4.00** Star Trek: Deep Space Nine **5.00** Stargate SG-1 **6.00** Star Trek: Voyager **7.00** Star Trek: The Next Generation **8.00** Hawaii Five-0. The team investigates the murder of a man on honeymoon. **9.00** Law & Order: Criminal Intent **11.00** Grimm **12.00** Wynonna Earp **1.00-2am** Police 24/7



BBC4 9pm Leonard Rossiter stars in The Fall And Rise Of Reginald Perrin

U&DAVE freeview 19

7.25am Pointless **8.20** Border Force: America's Gatekeepers **10.20** Rick Stein's Mediterranean Escapes **12.20** Top Gear **2.20** Mortimer & Whitehouse: Gone Fishing **3.00** Speed With Guy Martin **4.00** Hairy Bikers' Best Of British **5.00** Rick Stein's Mediterranean Escapes **7.00** Mortimer & Whitehouse: Gone Fishing **7.40** Would I Lie To You? **9.00** Have I Got A Bit More 2024 For You **10.00** QI XL **11.00** 8 Out Of 10 Cats **11.50** Mock The Week **12.30** Would I Lie To You? **1.50-2.50am** QI XL

U&DRAMA freeview 20

7.30am The Bill **8.30** Doctors **9.40** Classic Holby City **11.00** Casualty **12.00** The Bill **1.00** Classic EastEnders **2.20** Classic Neighbours **3.20** Sister Boniface Mysteries **4.20** Kingdom **5.20** As Time Goes By **6.00** Last Of The Summer Wine **8.00** 'Allo 'Allo! **10.00** New Tricks **11.00** Copper **12.00** Lovejoy **1.00-2am** Sister Boniface Mysteries

REALLY freeview 44

6am Fantasy Homes By The Sea **7.00** Teleshopping **8.00** Escape To The Country **9.00** Salvage Hunters **12.00** The Yorkshire Auction House **2.00** The Repair Shop **3.00** Salvage Hunters: The Restorers **5.00** Long Lost Family: Born Without Trace **6.00** The Repair Shop **7.00** The Yorkshire Auction House **8.00** Antiques Road Trip **9.00** Who Do You Think You Are? **11pm-2am** Help! My House Is Haunted

U&YESTERDAY freeview 27

6.10am The Architecture The Railways Built **8.00** Bangers & Cash **10.00** Rise Of The Nazis: Dictators At War **11.00** The World At War **12.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** Rise Of The Nazis: Dictators At War **5.00** The World At War **6.00** Antiques Roadshow **7.00** Mammals **8.00** Bangers & Cash: Restoring Classics. The team head for restoration in their Bedford Rascal Campervan. **9.00** Bangers & Cash **1.00-2am** Find It, Fix It, Flog It

U&W freeview 25

6.10am Property Brothers: Forever Homes **6.55** Tipping Point **9.55** DIY SOS: The Big Build **12.55** Tipping Point **3.55** Property Brothers: Forever Homes **4.50** DIY SOS: The Big Build **6.50** MasterChef Australia **8.00** Inside The Ambulance **9.00** Paul C Brunson: Red Flag. New series. Toxic relationships. **11.00** The Kardashians: Billion Dollar Industry **1.00-2am** My Family

QUEST freeview 17

6am Salvage Hunters: The Restorers **7.00** Salvage Hunters **9.00** Aussie Gold Hunters **11.00** Outback Opal Hunters **1.00** The Repair Shop **2.00** Shed And Buried **3.00** Shed And Buried: Classic Cars **4.00** Find It, Fix It, Flog It **5.00** The Yorkshire Auction House **7.00** Antiques Road Trip **8.00** Ant Anstead: Born Mechanic **9.00** Johnny Vegas' Little Shop Of Antiques **10.00** The Repair Shop **11.00** How Do They Do It? **1.00-2am** Salvage Hunters

THAT'S TV freeview 56

8am Rising Damp **8.25** Some Mothers Do 'Ave 'Em **9.10** You Rang, M'Lord? **10.10** Bread **10.50** Steptoe And Son **11.25** Oh, Doctor Beeching! **12.00** Rising Damp **12.30** Man About The House **1.05** Goodnight Sweetheart **1.40** When The Boat Comes In **2.45** Minder **3.50** Just Good Friends **4.25** Man About The House **4.55** Bread **5.30** Birds Of A Feather **6.00** That's 60s: Best Music Live! **6.05** Rising Damp **6.40** Steptoe And Son **7.15** Whatever Happened To The Likely Lads? **7.55** Minder **9.00** Benidorm **9.55** Shameless **10.55** Man About The House **11.25** Mind Your Language **12.00** Benidorm **12.55-2.05am** Minder

SPORT

Sky Sports Football 7.55pm Bolton Wanderers take on West Ham United

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Sky Sports Breakfast **10.00** Sky Sports FC **12.00** Lunchtime **2.00** Sports Desk **4.00** LIVE US Open Tennis. Coverage of day 10 of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows, New York. **7.30** LIVE EFL Cup. Millwall v Newcastle United. Kick-off at 8.00. Coverage of the third-round tie at The Den. **10.30pm-5.30am** LIVE US Open Tennis. Coverage of day 10 of the Grand Slam at the USTA Billie Jean King National Tennis Center in Flushing Meadows.

SKY SPORTS PREMIER LEAGUE

6am PL Highlights **7.30** SNF **8.00** PL Highlights **9.00** PL Review **10.00** Sky Sports FC **12.00** PL Review **1.00** PL Highlights **2.00** SNF **2.30** PL Highlights **3.30** SNF **4.00** PL Review **5.00** The Premier League Show **7.00** Gillette Labs Soccer Special **10.30** PL Review **11.30** Netbusters **12.00** Premier League Stories **12.30** The Big Interview **1.00-3am** PL Retro

SKY SPORTS FOOTBALL

6am EFL **8.30** The Story Of Frank Soo **9.00** SPFL Highlights **9.30** EFL Greatest Games **10.00** EFL Cup Highlights **11.00** Best Goals: Efl Cup 23/24 **11.30** EFL Trophy Football **12.00** SPFL Round-Up **12.15** SPFL Highlights **12.30** Bundesliga Highlights Show **1.30** EFL League One Goals **2.00** EFL League Two Goals **2.30** WSL **3.00** SPFL Round-Up **3.15** SPFL Highlights **3.30** EFL Highlights **4.30** Bundesliga Highlights Show **5.30** EFL League One Goals **6.00** EFL League Two Goals **6.30** EFL Highlights **7.00** Gillette Labs Soccer Special **7.55** LIVE EFL. Bolton Wanderers v West Ham United. Kick-off at 8.00. **10.00** WSL **11.00** SPFL Round-Up **11.15** EFL Highlights **11.30** EFL Greatest Games **12.00** EFL Cup Highlights **12.30-2.30am** EFL Cup Retro

SKY SPORTS NFL

6am Super Bowl LIX Highlights **7.00** Super Bowl LX Highlights **8.00** NFL Super Bowl LI Highlights **10.00** NFL: America's Game **11.00** Super Bowl LV Highlights **1.00** Good Morning Football **3.00** The Proving Ground **3.30** Super Bowl LX Bitesize Highlights **3.45** NFL Bitesize Highlights **4.00** NFL: America's Game **5.00** NFL Bitesize Highlights **5.30** The Proving Ground **6.00** NBC's Pro-Football Talk **8.00** NFL: America's Game **9.00** Super Bowl LX Highlights **10.00** NFL Fantasy **11.00** NFL Highlights **12.00** The Insiders **1.00-2am** NFL: America's Game

SKY SPORTS +

6am Sky Sports News **7.00** Sky Sports Breakfast **8.00** World Matchplay Darts **12.00** Lunchtime **2.00** Sports Desk **4.00** LIVE US Open Tennis. Coverage of day 10 of the Grand Slam. **7.35** LIVE EFL. Wrexham v Burnley. Kick-off at 7.45. **9.45** LIVE US Open Tennis. Coverage of day 10 of the Grand Slam. **12.00-6am** Sky Sports News

SKY SPORTS CRICKET

6am Women's ICC World T20 Cricket **6.30** Nepal Climbing Cricket's Mountain **7.00** Women's International One-Day Cricket **10.00** Test Cricket **2.00** The Rawalpindi Express **3.00** Women's International One-Day Cricket **6.00** Women's ICC World T20 Cricket **6.30** Nepal Climbing Cricket's Mountain **7.00** International T20 Cricket **8.00** Test Cricket **12.00** One-Day International Cricket **1.00** Women's ICC World T20 Cricket **1.30-5.30am** The Hundred

SKY SPORTS GOLF

6am School Of Golf **7.00** Golf Academy **8.00** My Club, My Story **8.30** Nick Dougherty's Tee Time Tips **9.30** Playing Lessons **10.00** Best Of The Sky Zone **11.00** Best Of The Sky Zone: US Open **11.30** Mark Roe's Short Game School **12.00** PGA Tour Golf **1.00** DP World Tour Golf **1.30** My Club, My Story **2.00** Best Of The Open Zone 2018 **3.00** Playing Lessons **4.00** School Of Golf **5.00** Golf Academy **6.00** Scotland's Greatest Golf Holes **6.30** My Club, My Story **7.00** Solheim Cup Golf **1.00-3am** The Greatest Solheim Cup

ENTERTAINMENT

Sky One 9pm Greg Davies hosts comedy quiz Never Mind The Buzzcocks

SKY ONE

6am Mornings **7.00** Mornings With Ridge And Frost **8.00** Stargate SG-1 **10.00** La Brea **11.00** The Simpsons **12.00** Africa's Hunters **1.00** Hawaii Five-0 **3.00** S.W.A.T **5.00** The Simpsons **6.00** Superstore **7.00** The Simpsons **8.00** The Dyers' Caravan Park **9.00** Never Mind The Buzzcocks. Greg Davies hosts the comedy quiz as Jon Richardson, Tinie Tempah and Mimi Webb join occasional guest captain Sophie Willan and regulars Noel Fielding and Jamali Maddix. **9.45** Never Mind The Buzzcocks. With Jamie Demetriou, PinkPantheress and Luke Pritchard. **10.30** Paddy Young: Hungry. Horny. Scared **11.40** The 'Burbs **1.05-2.05am** Grimm

SKY ATLANTIC

6am Urban Secrets **8.00** Billions **10.15** The Last Of Us **12.30** Homicide: Life On The Street **2.30** Billions **4.40** The Penguin **6.50** The Last Of Us. Double bill. **9.00** The Looming Tower. Fact-based drama with Jeff Daniels. **10.05** The Looming Tower. The FBI begins its investigation into the embassy bombings in Kenya and Tanzania. **11.10** Das Boot. Tensions between members of the crew rise on board U-612. **12.20** The Last Of Us **1.15-2.20am** The Penguin

SKY WITNESS

6am Sun, Sea And A&E **7.00** Border Patrol **8.00** UK Border Force **9.00** Nothing To Declare UK **10.00** Caught On Dashcam **11.00** Police 24/7 **12.00** FBI **2.00** The Rookie **3.00** Blue Bloods **4.00** Nothing To Declare **8.00** Caught On Dashcam. Road disasters captured on video by drivers' dashboard cameras. **9.00** The Rookie. John and Celina step up the hunt for a fugitive after a car accident goes awry. **10.00** Blue Bloods. Danny and Baez clash with a troubled foster child. **11.00** The Rookie. The team keeps the peace between two gangs at a hospital. **12.00-2am** FBI

U&GOLD

7.30am Don't Wait Up **8.00** Ever Decreasing Circles **8.40** Porridge **9.20** The Green Green Grass **10.00** Are You Being Served? **10.40** Last Of The Summer Wine **12.00** Ever Decreasing Circles **12.40** Porridge **1.20** The Vicar Of Dibley **2.00** Dad's Army **2.40** The Green Green Grass **3.20** Are You Being Served? **4.00** Ever Decreasing Circles **4.40** Dad's Army **5.20** Last Of The Summer Wine **6.40** The Vicar Of Dibley **7.20** Dad's Army. Mainwaring tackles a suspected terrorist. **8.00** The Vicar Of Dibley **9.35** The Royle Family. It's Sunday in the house of the couch-potato clan and Nana calls round. **10.15** Not Going Out. The friends jet off on a summer holiday. **10.55** The Vicar Of Dibley **12.30** The Royle Family **1.10** Not Going Out **1.50-2.35am** Don't Wait Up

COMEDY CENTRAL

8am The Upper Hand **9.00** Everybody Loves Raymond **11.00** Sabrina The Teenage Witch **1.00** Friends **9.00 FILM** Austin Powers In Goldmember. The spy travels through time to rescue his father, who has been kidnapped by old enemy Dr Evil and a devilish Dutchman. Comedy sequel, starring Mike Myers and Michael Caine. (2002) **10.50** Iain Stirling's Roast The Internet. With Joel Dommett, Stevie Martin and Desiree Burch. **11.45** Whose Line Is It Anyway? USA **12.45-2.10am** South Park

U&ALIBI

7.10am Murdoch Mysteries **9.00** Shakespeare & Hathaway: Private Investigators **10.00** The Mentalist **12.00** Body Of Proof **1.00** Death In Paradise **2.00** Murdoch Mysteries **4.00** The Mentalist **6.00** Body Of Proof **7.00** Private Eyes. Don is framed for armed robbery. **8.00** Death In Paradise. A bride-to-be is found dead in her bath. **9.00** Death In Paradise. Part one of two. A festival queen is murdered. **10.20** Father Brown. Brenda becomes embroiled in a local dispute that ends in murder. **11.20** Private Eyes **12.20** Shakespeare & Hathaway: Private Investigators **1.20-2.30am** Death In Paradise

SKY COMEDY

8am Will & Grace **9.00** Sort Of **10.00** Based On A True Story **11.20** Will & Grace **12.20** Hacks **1.40** Based On A True Story **3.00** Will & Grace **4.00** The Office Movers **5.00** Community **6.00** Will & Grace **7.00** The US Office **8.00** Animal Control **9.00 FILM** Swede Caroline. The competitive giant vegetable-growing world is rocked by scandal when a prized marrow plant is stolen. Mockumentary, starring Jo Hartley and Aisling Bea. (2024) **10.50** Hacks **12.10** Animal Control **1.10-2.10am** The Office Movers

DISCOVERY

6am How It's Made **7.00** Treehouse Masters **9.00** Gold Rush **11.00** Building Off The Grid **1.00** Dr Jeff: Rocky Mountain Vet **3.00** Baggage Battles **5.00** Alaska: Homestead Rescue **7.00** Wheeler Dealers **8.00** Wheeler Dealers. A 1965 Austin-Healey 3000 MKIII is brought to auction. **9.00** Deadliest Catch. Sig races to jettison pots to repair a flooding compartment below deck. **10.00** In The Eye Of The Storm. In June 2025, a violent North Dakota tornado with estimated winds exceeding 200 mph becomes the first U.S. tornado rated EF5 in more than 12 years. **11.00** Expedition Files. A closer look at the Amityville Horror. **12.00-2am** Deadliest Catch

RADIO

Radio 2 9.30am Chaka Khan chooses her next two Tracks Of My Years

VIRGIN RADIO DAB virginradio.co.uk

6.30am Chris Evans **10.00** Emma B **2.00** Ben Jones **6.00** Geoff Lloyd **10.00** Jen Thomas **2.00-6.30am** Steve Denyer

TALKRADIO DAB talkradio.co.uk

6am Jeremy Kyle **10.00** Julia Hartley Brewer **1.00** Ian Collins **4.00** Kevin O'Sullivan **7.00** Peter Cardwell **10.00** Petrie Hosken **1.00** Paul Ross **5.00-6am** Through The Papers

TALKSPORT 1053, 1089MW talksport.com

6am Jeff Stelling **10.00** Jim White And Simon Jordan **1.00** Hawksbee And Jacobs **4.00** Drive **7.00** Kick Off **10.00** The Sports Bar **1.00** Paul Ross **5.00-6am** Early Sports Breakfast

TV GUIDE

4-PAGE SECTION

then client's insistence of being driven around in white limos for acting jobs was a sign his ego was getting out of control.

He also criticised Mr T's poor decision-making, claiming he lost out on credible jobs over money demands as his career imploded, and mass-marketing turned him into a caricature.

But the best documentaries are not PR jobs and the agent's inclusion really does help gain a clearer picture of Mr T, who despite his fame, successfully managed to avoid any hints of scandal during his career.

So perhaps he just needs to quit his jibba-jabba and accept Netflix has done a decent job.

ROD McPHEE

HOST . . . Joel's sixth NTA gig

TV picks

THE NATIONAL TELEVISION AWARDS 2026, ITV1, 8pm: While he is still some way off hosting as many NTA as his predecessors Sir Trevor McDonald (13) and Dermot O'Leary (ten), Joel Dommett is back for his sixth awards.

It promises to be a spectacular evening at London's O2 – and for the first time, there is an all-female shortlist for Drama Performance.

Call The Midwife's Judy Parfitt is up against Sheridan Smith for I Fought The War, with Ella Bruccoleri (The Other Bennet Sister) Ruth Jones (Run Away) and Vicky McClure (Trigger Point) also in the running.

Meanwhile, Stacey Solomon had better have a speech or two ready – she's up for three awards.

THE GREAT BRITISH SEWING BEE, BBC One, 8pm: It's the semi-final, which means a brand-new theme: Wardrobe heroes, dedicated to style staples.

First, the four remaining sewers must make their own plant-based leather jacket and transform a man's shirt into a women's wedding-guest outfit.

Then their spot in the final comes down to creating an outfit inspired by the little black dress. Expect varied results, from classic dresses to a chic shorts-and-top design.

CELEBRITY MASTERCHEF, BBC One, 9pm: After three weeks of stars showing who can stand the heat in the kitchen, nine remain.

As the semi-finals start, it's time for their teamwork skills to be tested at the Quaid-e-Azam Grand Ballroom in Birmingham, where they must prepare a feast for 120 hungry diners who have been fasting all day.

The winning team gets to avoid the cook-off to stay in the contest, but the others must create a celebratory showstopper before one celebrity heads home.

PAUL C. BRUNSON: RED FLAG, U&W, 9pm & 10pm: Here's a much tougher watch than we're used to from relationship expert Paul, known for shows such as Celebs Go Dating.

In this powerful new true crime series, he meets survivors of abusive relationships as they work together to unravel abusers' red-flag behaviour.

The first episode opens with Charlotte, whose romance went from love bombing to her being horrifically attacked at her daughter's graveside. Shocking.

DAVID BELL

TNT SPORTS 1

6.30am UEFA Champions League Magazine **7.00** Premier League Review **8.00** Snooker Home Nations Series English Open **10.00** LIVE Snooker Home Nations Series English Open. Coverage of the fourth session. **12.00** MLB Highlights **1.00** LIVE Snooker Home Nations Series English Open. Coverage of the fifth session. **3.00** LIVE Snooker Home Nations Series English Open. Further coverage of the fifth session. **5.00** LIVE UEFA Champions League. Club Brugge v Aston Villa. Kick-off at 5.45. **7.45** LIVE UEFA Champions League. Real Madrid v Inter Milan. Kick-off at 8.00. **10.30** The Breakdown **11.00** MLB Lead Off **11.30pm-2.30am** LIVE MLB. Philadelphia Phillies v Houston Astros.

TNT SPORTS 2

9am World Superbike Highlights **10.00** AFL **1.00** LIVE UEFA Youth League. Club Brugge U19 v Aston Villa U19. Kick-off at 1.00. **3.00** UEFA Champions League Magazine **3.30** Cycling **3.45** CPL Highlights **4.15** Premier League Review **5.15** The Breakdown **5.45** LIVE UEFA Champions League. AEK Athens v LASK. Kick-off at 5.45. **7.45** The Breakdown **8.00** LIVE UEFA Champions League. Borussia Dortmund v Villarreal. Kick-off at 8.00. **10.00** Premier League Reload **10.15** World Superbike Rewind **10.30** CPL Highlights **11.30pm-3.45am** LIVE CPL. Guyana Amazon Warriors v Antigua & Barbuda Falcons.

TNT SPORTS 3

6am Cycling **7.00** CPL Highlights **8.00** UEFA Champions League – Classics **10.00** NWSL **12.00** Reframe the Game **12.15** Cycling **12.30** Cycling **1.30** LIVE Cycling: La Vuelta Men. Stage 16. **5.00** Rolex SailGP Championship **6.00** PREM Rugby Cup **7.00** Premier League Netbusters **7.30** Premier League Stories **8.00** LIVE UEFA Champions League. Lille v Real Betis. **10.00** Cycling **11pm-2am** UFC

PREMIER SPORTS 1

6am Karting **7.00** LaLiga **9.00** NASCAR Highlights **10.00** French Rugby Union **10.30** Scottish Football Social Club **11.30** LaLiga Highlights **1.00** Brasileiro Serie A **3.00** SPFL **4.55** NASCAR Highlights **5.55** LIVE Swedish Speedway. Smederna v Dackarna. Start-time at 6.00. **8.00** Bike World **8.30** Scottish Football Social Club **9.30** LaLiga Highlights **10.00** LaLiga **12.00-2am** Swedish Speedway

TALKSPORT2 DAB talksport.com

8am TalkSPORT 2 Special **3.00** The Social **5.00** Champions League Live **7.45** Carabao Cup Live **10.00** Fight Night Extra **11.00** Cricket Collective **12.00-8am** TalkSPORT 2 Special

TIMES RADIO DAB thetimes.co.uk/radio

6am Kate McCann And Stig Abell **10.00** Hugo Rifkind **1.00** The Times At One **2.00** Jane Garvey And Fi Glover **4.00** John Pienaar **7.00** The Evening Edition With Kait Borsay **10.00** Carole Walker **1.00** The Best Of Times Radio **5.00-6am** Tom Nunan With Early Breakfast

RADIO 1 97.6-99.8FM bbc.co.uk/radio1

6.58am Newsbeat **7.00** Greg James **10.30** Newsbeat **10.33** Charlie And Jerry **12.45** Newsbeat **1.00** Matt And Mollie **3.30** Newsbeat **3.33** Vick, Katie And Jamie **5.45** Newsbeat **6.00** New Music Show With Jack Saunders **8.00** Future Artists With Sian Eleri **10.00** Power Down Playlist With Sian Eleri **11.00** Indie Show With Alyx Holcombe **1.00** Dance Presents **2.00** Anthems With Alice Hopkins **4.00-6.58am** Early Breakfast With Mylo And Rosie

RADIO 2 88-91FM bbc.co.uk/radio2

6.30am Sara Cox **9.30** Vernon Kay **12.00** Jeremy Vine **2.00** DJ Spoony **4.00** Drivetime **7.00** Jo Whiley's Shiny Happy Playlist **7.30** Jo Whiley **9.00** The Jazz Show With Jamie Cullum **10.00** The Good Groove With Melvin Odoom **12.00** OJ Borg **3.00** Dance Sounds Of The 90s (R) **4.00-6.30am** Owain Wyn Evans

MOVIES

Sky Cinema Premiere 6pm Christian Mortensen in Rise Of The Conqueror

SKY CINEMA PREMIERE

7.15am Tom And Jerry: Forbidden Compass (PG, 2025) ★ **9.00 Charlie The Wonderdog** (PG, 2025) ★★★ **10.40 Tow** (15, 2025) ★★★ **12.35 Hungry** (15, 2026) ★★★ **2.20 Signal One** (15, 2026) ★★★ **3.50 Hamnet** (12, 2025) ★★★★ **6.00 Rise Of The Conqueror** (15, 2026) ★★★ **8.00 Hungry** (15, 2026) ★★★ **9.40 Five Nights At Freddy's 2** (15, 2025) ★★★ **11.30 Do Not Enter** (15, 2025) ★★★ **1.15-3.10am Tow** (15, 2025) ★★★

SKY CINEMA SUPERHEROES

9.15am The Lego Movie 2: The Second Part (U, 2019) ★★★★ **11.05 Transformers: Revenge Of The Fallen** (12, 2009) ★★ **1.35 Kraven The Hunter** (15, 2024) ★★★ **3.45 Spider-Man** (12, 2002) ★★★★★ **5.50 Spider-Man 2** (PG, 2004) ★★★★ **8.00 Batman** (15, 1989) ★★★★ **10.10 Transformers: Revenge Of The Fallen** (12, 2009) ★★ **12.45-2.35am The Toxic Avenger** (18, 2025) ★★★

SKY CINEMA ACTION

6.55am Rumble In The Bronx (15, 1995) ★★★ **8.30 Days Of Thunder** (15, 1990) ★★★★ **10.20 Homefront** (15, 2013) ★★ **12.15 Nobody 2** (15, 2025) ★★★★ **1.55 The Meg** (12, 2018) ★★★★ **3.55 The Long Kiss Goodnight** (15, 1996) ★★★★ **6.05 Skyscraper** (12, 2018) ★★★ **8.00 The Amazing Spider-Man** (12, 2012) ★★★ **10.20 The Amazing Spider-Man 2** (12, 2014) ★★★★ **12.45-2.20am The Mechanic** (15, 2011) ★★★★

FILM4 freeview 14

12.45pm This Gun For Hire (PG, 1942) ★★★★ **2.25 The Shepherd Of The Hills** (PG, 1941) ★★★ **4.25 How Green Was My Valley** (U, 1941) ★★★★ **6.45 Uncharted** (12, 2022) ★★★★ **9.00 The Unlikely Pilgrimage Of Harold Fry** (12, 2023) ★★★ **11.10 Jojo Rabbit** (12, 2019) ★★★★ **1.20-4am Broker** (12, 2022) ★★★

TALKING PICTURES freeview 82

1.30pm Woman To Woman (PG, 1947) ★★★ **3.30 Gold Is Where You Find It** (U, 1968) ★★★ **4.00 That's My Boy 4.35 Doctor At Sea** (PG, 1955) ★★ **6.25 Whiplash 6.55 The Man From UNCLE 7.55 Buccaneer 9.00 A Night To Remember** (PG, 1958) ★★★★ **11.30 Fortean TV 12.05-1.40am The Body Beneath** (15, 1970) ★★★

GREAT! MYSTERY freeview 50

3pm Diagnosis Murder 5.00 Murder, She Wrote 7.00 Castle 8.00 Unforgettable 9.00 In Plain Sight 10.00 Martha's Vineyard Mysteries: A Beautiful Place To Die (PG, 2020) ★★ **11.55pm-1.50am Martha's Vineyard Mysteries: Riddled With Deceit** (PG, 2020) ★★

GREAT! ACTION freeview 42

2pm Burn Notice 4.00 The House On The Hill (12, 2019) ★★★ **6.00 The Unit 7.00 Burn Notice 9.00 Universal Soldier: A New Beginning** (18, 2009) ★★★ **11.10 The Avengers 12.10-1.10am The Baron**

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The page where you tell Britain what you think

WHEN your luck is in, it's really in. Holly Wiffen, *pictured*, was taking part in a group skydive, only to be knocked unconscious when a fellow jumper crashed into her.

With no memory of what happened, she somehow managed to release her parachute seconds from disaster and crashed into a tree that helped save her. Despite this, Holly can't wait for her next jump. Good luck!

STEPHEN TURNBULL
Chopwell, Tyne and Wear

HOLLY WIFFEN deserves a high five for that skydive after surviving a 10,000ft drop.

Sky diving was never high on my agenda before and certainly not after I have heard this tale.

KAYLEIGH JONES
Belfast

NEW Northern Ireland Secretary Chris Bryant says he has the backs of soldiers who served during The Troubles.

But has he really? The new Labour-backed Troubles bill seeks to replace the 2023 Legacy act which gave certain legal immunities. It's time to lay these witch-hunts to the past.

Would any of us swap places with our brave soldiers?

They should not face repeated investigations and legal proceedings. If you've got their back, Chris Bryant, prove it.

LUCIE JONES
Gellifor, Clwyd

I WAS sad to see that Sixties pop star Craig Douglas, *pictured*, had passed away. He was a pro, and toured with The Beatles, and many other big stars. RIP Craig.

RICHARD PARRIS
Axminster, Devon

Healey 'bad as Reeves'

£50 LETTER

THE whole country breathed a sigh of relief when John Healey replaced Rachel Reeves as Chancellor.

But now it seems that resigning as Defence Secretary in June over a lack of funding for our armed forces was just his a ploy to get himself a better job after propelling Andy Burnham into No10.

Instead of righting the damage Reeves did to the economy, it looks like he intends to inflict more tax hikes, judging by his speech on the plan for growth.

Labour chancellors are all the same.

CLIVE HACKETT
Porthleven, Cornwall

WHY won't John Healey just tell the truth? There won't be any growth or jobs for kids as Rachel Reeves and her supporters have wrecked the economy.

The Angela Rayner's employment rights mess put the final nail in the coffin.

WILLIAM FOOTES
Birmingham

IN his first speech as Chancellor, John Healey says he will build on the legacy of Keir Starmer and Rachael Reeves. God help us.

BARRIE CROWTHER
Wakefield, West Yorks

THE Government condemns the "thuggish" behaviour of protesters at Portsmouth over illegal migrants. It should take responsibility for failing to stop stop illegals entering this country and accept that the benefits make the UK a magnet for migrants.

BERNARD BUCKLEY
Llanelli, Carmarthenshire

FOLLOWING the demonstrations in Dover and Portsmouth, is the PM going to address the issue or do we have to have demos everywhere before he gets serious?

PETE BEAUMONT
Lowestoft, Suffolk

THE Government has the audacity to call the demonstrators in Dover and Portsmouth thugs.

We are all getting fed up with U-turns and false promises over illegal migration.

Reform is the only party with concrete policies to solve the problem. Call a general election so we can put the Great back into Britain.

RONNIE ANDERSON
Exmouth, Devon

INSTEAD of condemning the migrant protesters, perhaps this government and previous ones should have stopped the boats. This doesn't include a cosy chat with Macron thanking him for all he has done.

The French shadowed the latest mega-dinghy into UK waters claiming it was too dangerous to stop it, but how did they miss this massive craft before it reached the open sea?

STEWART LOVATT
Leicester

A HOME Office whistleblower has disclosed that only one in every hundred illegal migrants are genuine cases in distress.

Yet hundreds are bussed daily into towns courtesy of taxpayers, and now the media and the Government are up in arms when the inevitable protests happen.

The Government must realise that many are sick and tired of its inaction over this debacle.

HARRY HODGE
Aldershot, Hants

WE know that our novice PM is looking at numerous ways to take away money from pensioners who have worked the best part of their lives to try and live a decent life after retirement.

But now, after they have fought for years to maintain a decent pension, why should Burnham remove the triple lock?

That would take money from people who have worked for it and give it to those who do not want to earn a living.

It sounds like another Government U-turn in the making.

JOHN ARMSTRONG
Newton Aycliffe, Co. Durham

ENERGY prices are going up again from October 1. If energy companies chased up debts from customers who owe them, then perhaps they would not need to add to the bills of those of us who do pay.

MARTIN STONES
Dudley, West Mids

TXT US ON 07537 410199

Don't forget to include your name. Standard text rates from your provider apply

PRIME Minister Andy Burnham reminds me of those funny Oompa-Loompa characters from Willy Wonka And The Chocolate Factory. Although they were actually doing something useful.
GERRY LESTER, Stone, Staffs

DOES Nigel Farage really think we are all so dumb we will believe his latest excuse? He claims he "wasn't really listening" when he was caught on video appearing delighted at the prospect of money for Reform from a foreign source.
DAVID ROSE, Linton, Cambs

email, fax, write or comment online

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THE Sun BINGO 8! PLEASE PLAY RESPONSIBLY
Play smart with Sun Bingo by setting Deposit Limits and using Reality Checks. Visit sunbingo.co.uk/smart-tips to find out more. 18+ GamCare.org.uk

Mystic Meg

with **MAGGIE HYDE**

ARIES March 21 – April 20

Today isn't perfect for having everything figured out. Deal with what's in front of you, leaving the bigger questions for another day. With the children back at school or a regular commitment ending, you've got some time back. Make room for creativity instead. Someone lets you know how they feel at the last minute.

TAURUS April 21 – May 21

Being there for others gives you something to get up for, but all that effort is now rewarded with appreciation and boosts your ego. If you're keeping something creative under wraps because it doesn't feel ready, think again. By waiting for perfection, you ensure it will never be finished. It's time to lift the wrappers.

GEMINI May 22 – June 21

Pop out for a pint of milk and you can say goodbye to any well-intentioned plans for the day. One conversation leads to another. Been thinking about a house move? A useful tip-off comes by word of mouth and puts somewhere you'd never considered on the map. Love luck is on the cards tonight.

CANCER June 22 – July 22

With action-loving Mars in your sign you can fly through your to-do list. Someone else may want some of your efficiency, but don't make even more work for yourself just because you can. There's luck around your money instincts this evening, so stick to your guns when it comes to the numbers.

LEO July 23 – August 23

Still waiting for a text back? Stop checking your phone and make your own plans instead of settling for a quiet evening in. If responsibilities at home get in the way of time off, help is just a phone call away. You're naturally generous, but watch blowing your hard-earned cash on everyone else.

VIRGO August 24 – September 22

It's a great day for finding the silver lining. A setback could finally make you say what you've been thinking for ages, and you'll be taken more seriously as a result. It's a day for grabbing some of the limelight. If a question is playing on your mind, ask for guidance before you fall asleep. Your dreamworld could fill in a gap.

LIBRA September 23 – October 23

With Venus in your personal zone, it's a great day for making the right impression. A door opens thanks to someone you look up to. In a close relationship, when the going gets tough, the tough turn up the charm. Give it your all now. Whatever the outcome, you won't look back and wish you'd tried harder.

SCORPIO October 24 – November 22

A small triumph at work feels like a much bigger deal, reminding you what can happen when everyone is pulling in the same direction. Enthusiasm is infectious, and an idea that once felt too daunting suddenly seems worth sharing. Just choose the right people to help you take it further.

SAGITTARIUS November 23 – December 21

Your planet Jupiter brings a green light just in the nick of time. If it comes with more responsibility, take that as a vote of confidence in what you're capable of. You don't have to control every moving part. The magic is in trusting that you'll be met halfway. Love needs to be wholehearted or don't bother.

CAPRICORN December 22 – January 20

Got a debt you want to clear? A happy coincidence or a boost to your partner's finances gives you a helping hand. If there are health issues on your mind, inspiration comes from further afield. Practices from another culture are full of ideas, so take what makes sense to you and make it your own.

AQUARIUS January 21 –February 18

You may have more energy than you know what to do with, so channel it into something that demands your full attention. You could finally give those martial arts classes a go. With a partner, you're ready to face the tough stuff you would usually ignore. Once it's in the open, the next step becomes obvious.

PISCES February 19 – March 20

Your good mood is infectious. Even the most mundane parts of the day are more fun with you around. Leading with your feelings comes naturally, but a cool head serves you better now. Letting go of something that drains your energy leaves more time for someone you can't seem to get enough of.

Phone Meg's psychics for a chat on **0905 005 8102**

Or to pay by credit/debit card call **08000 356 684** or mobile users call **020 7111 6406**

Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box 10015, CM1 9HH.

Sunpuzzles

We've got EVEN MORE of your TWENTY PUZZLES EVERY DAY

TRIPLE SunDOKU

EASY

	9	5	7	2	8		4	
		4			9	1	7	
7	3							9
		6		4	3		8	
			9	7	2			
	4		5	8		7		
5							2	7
	2	3	8			5		
	1		2	6	5	9	3	

TEASER

Call 0905 757 0156 for clues or solutions
Cost £1 per minute plus network charge

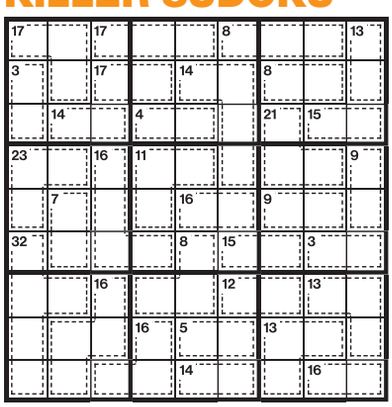
6			8		4	7		
1			9				8	
2	4				1	6		9
	6			1		4		3
4		3			9			
	1		3				6	2
	9	4		5				
		6	1		7	3		
				8		9	2	6

TOUGHIE

Call 0905 757 0152 for clues or solutions
Cost £1 per minute plus network charge

		5	9	1	3			
	3						5	6
		8		2			9	
6		3			2	4		7
					7			
5		2			6	9		3
		1		6			7	
	2						3	9
		6	3	7	9			

KILLER SUDOKU



The normal rules of sudoku apply. In addition, the digits in each inner shape (marked by dashes) must add up to the number in the top corner of that shape. No digit can be repeated within an inner shape. Solution on right.

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

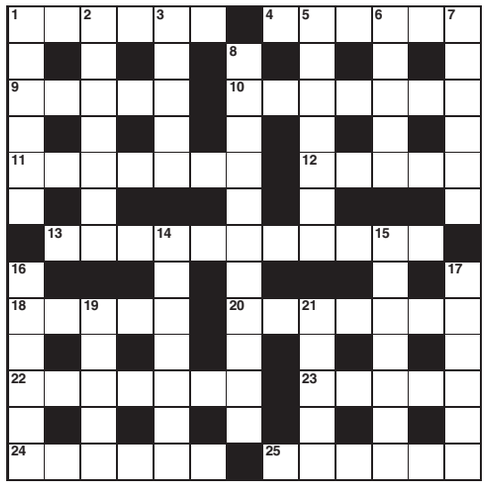
Cryptic

ACROSS

1 Far-off meteor lost (6)
4 Currency on street and beach (6)
9 Discharge bishop after protest (5)
10 Sentimental male aggressive with head shaved (7)
11 Meeting to get shorter without resistance (7)
12 Dip in main road next to oil supply (5)
13 Phony Celtic works in old seat of learning (11)
18 It hurts Scottish hooligan to be utterly defeated (5)
20 Fugitive notices cape engrossing guards (7)
22 Writer is back working for security in old age (7)
23 Meeting place that parvenu easily goes round (5)
24 Hate a hotel complex (6)
25 Strip, and run with no clothes on (6)

DOWN

1 Turn down wine with uncle, oddly (6)
2 Setter twice not spoiling remembrance (7)
3 Bone slightly facing in the wrong direction, I admitted (5)
5 Walk next to canal in unusual top hat, drinking whiskey (7)
6 In the morning, I leave friend (5)
7 Pain had returned for one in bed? (6)
8 Hard semester in small fragments (11)
14 Tongue rejected self-made cottage pie? (7)
15 Some scrimping excessively encroach (7)
16 Force the Spanish to support school (6)
17 Beautify editor interrupting stream (6)
19 Grandmother from Annan turned up (5)
21 Setter's in court; I secrete a powerful aromatic liquid (5)



Solutions tomorrow
Get solutions today: Call **0905 757 0150** for Across and **0905 757 0151** for Down before midnight.
Calls cost £1 a minute plus network charge.

Coffee Time

ACROSS

1 Aloof (6)
4 Filament (6)
9 Take out of action (5)
10 Insipid (7)
11 Get in touch with (7)
12 Garlic-flavoured mayonnaise (5)
13 College that offered mainly vocational courses (11)
18 Possessed (5)
20 Runaway (7)
22 Post-retirement payment (7)
23 Chosen location for event (5)
24 Detest (6)
25 Run (of luck) (6)

DOWN

1 Diminish in weight (6)
2 Souvenir (7)
3 Shinbone (5)
5 Track alongside a canal (7)
6 Comrade (5)
7 Colourful garden flower (6)
8 What something might get shattered into (11)
14 Language spoken by many Jewish people (7)
15 Trespass (7)
16 Make, force (6)
17 Adorn (6)
19 Wife of Balder in Norse mythology (5)
21 Catlike carnivorous mammal (5)

Buy the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 at harpercollins.co.uk or call 0141 306 3100

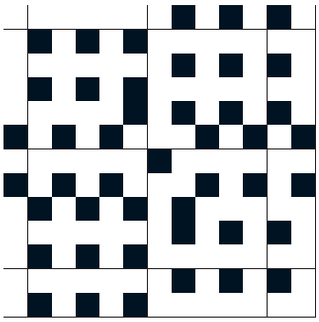
WORDSEARCH

Find seven types of bread. Words can run forwards, backwards or diagonally.

G	S	B	A	P	D	O
E	R	L	N	E	C	N
D	T	A	C	H	G	W
Y	A	I	N	E	E	O
N	L	I	H	A	S	R
S	O	E	L	W	R	B
R	A	T	T	I	P	Y

KRISS KROSS

Fit the words into the grid. Solution below right.



3 letters
Aim
All
Lap
Mop

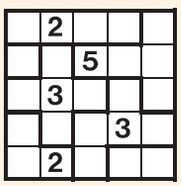
4 letters
Grin
Hall
Lard
Puma

5 letters
Airer
Brock
Child
Cubic
Daunt
Dense
Draft
Emoji
Guide
Lucid
Maize
Mufti
Tonal
Udder

6 letters
Attain
Floral
Oeuvre
Saluki

7 letters
Abandon
Abusive
Bifocal
Cumulus
Jacuzzi
Mordant
Natural
Undress

SUGURU®



Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally. Solution below right.

THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify an actress:

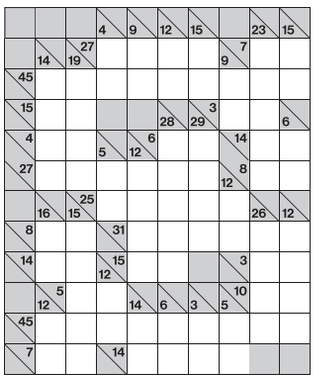
1	2	3	4	5	6	7	8	9

5 & 9	Mr Redknapp, Jamie's father and prolific football manager (second and third letters of name)
8 & 3	Ms Lederer, Absolutely Fabulous and Bottom actress (second and fourth letters of name)
1	Fuzzy, former American golfer
7 & 6	Elvis's widow who starred in the Naked Gun film series
4 & 2	Michael, who starred in Batman and Batman Returns (fourth and fifth letters of name)

Yesterday: Musician SUSANNA HOFFS (Frank Skinner, Freya North, Neil Sedaka, Julianne (Moore), Henrik Stenson, Adonis, John (Dillinger)). Another Name Game in The Sun tomorrow.

Can't wait until tomorrow for the answers? Call **0901 293 6298**
Calls cost £1 plus your network access charge.

KAKURO



Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. The same digit may occur more than once in a row or column. Solution below right.

SUNDIAL

Brilliant: 20. Excellent: 17.
Good: 12. Great kids' score: 10.

SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals ending in 's'. Words from Collins Concise Dictionary. Solution tomorrow.

YESTERDAY: Airing, bairn, barb, baring, barn, brag, brain, bran, brat, bribing, brig, bring, garb, girt, grab, grain, gran, grant, gratin, grin, grit, rabbi, rabbit, ragi, rain, rang, rani, rant, rating, ribbing, ring, tarn, tiring, train, RABBITING.

Check today's answers by calling **0905 757 0155** before midnight.
Calls cost £1 per minute plus your telephone company's network access charge.

30-SECOND NUMBERCRUNCH

Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't use a calculator – that would be cheating! Write your answer at the end. Aim to complete each round in about 30 seconds. Good luck! Answers on the right.

EASY **68**	-29	÷3	+185	Half of it	-49	÷10	×7	+213	÷4	ANSWER
MEDIUM **136**	-58	2/3 of it	+481	÷13	-35	×11	-57	Treble it	+279	ANSWER
HARDER **909**	+4/9 of it	÷13	-89	×3	Square root of it	+2983	÷7	-259	50% of it	ANSWER

favourite brain-teasers! from Tuesday to Friday

Don't miss Saturday's Sun and The Sun on Sunday for bumper 3-page puzzle specials

WORD WORKOUT

6	9	13	1	24	3	■	20	24	22 P	8
■	10	■	12	■	1	■	5	■	19	■
23	1	19	8	■	25	16	24	12	8	9
■	■	■	19	■	8	■	19	■	21	■
7	10 U	24	21	25	■	22	19 R	24	11	8
■	3	■	■	6	15	8	■	■	8	■
25	21	19	6	26	■	22	25	6	14	18
■	6	■	12	■	8	■	14	■	■	■
8	4	21	8	3	9	■	6	2	8	21
■	8	■	19	■	17	■	3	■	19	■
8	9	24	21	■	26 Y	1	17	10	19	21

A B C D E F G H I J K L M N O ~~P~~ Q ~~R~~ S T ~~U~~ V W X ~~Y~~ Z

1	2	3	4	5	6	7	8	9	10 U	11	12	13
14	15	16	17	18	19 R	20	21	22 P	23	24	25	26 Y

The world's best brain-teaser – The Sun's clueless crossword. Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter E, write E in all the squares with a 4. The whole alphabet is used and we have supplied some letters to start you off. Answers tomorrow.

YESTERDAY'S SOLUTION

ACROSS: Swab, Apse, Awoke, Seize, Unbox, Slum, Tick, Quake, Guru, Nail, Avoid, White, Tsars, Knit, Holy.
DOWN: Who, Been, Also, Ski, Fads, Jerk, Kumquat, Extends, Bravo, Gown, Lust, Vent, Itch, Inn, Awl.

For four extra WORD WORKOUT clues
CALL 0901 293 6299 **TEXT** SUNWORD to 64343
Cost £1 plus standard network charge
For clues from the last 7 days **CALL** 0905 624 0010. Cost £1 per min plus network charge

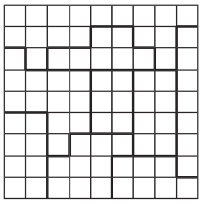
MISSING LINK

Fit ten words into the grid so each connects with the words on either side, eg wishing – well – done. The letters in the shaded squares spell out a type of dance. Solution below.

EMERGENCY				▒	POLL
ANIMAL		▒			OUT
CORAL	▒				KNOT
FRENCH			▒		BOWLING
BREAKING	▒				AGENCY
GRANNY				▒	BROKE
DIRT				▒	SHEDS
SET				▒	ALONG
QUANTUM	▒				YEAR
PRIZE			▒		BREATH

STARS

Put two stars in each row, column and region. Star cells can't touch, even diagonally. Solution below.



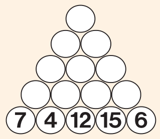
X FACTOR

Normal sudoku rules... but the two main diagonals must also contain the numbers 1-9. Solution below.

9	3			5	4		6	
	7		8				5	
			3					4
	2			9			8	
	8	3			5	9		
				8				5
		9				5		
	6			1	8	4	3	
			9				1	

ADD UP

If the number in each circle is the sum of the two below it, what is the top number? Solution below.



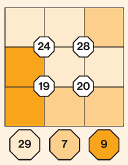
BRAINBUSTER

Can you rearrange each set of letter blocks into one longer word?

[a] S-SA-N-U-RY-C-TO-TI-FA

[b] CO-LE-TE-S-MU-CA-ON-NI-M-TI

SAKURO



Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals at the bottom. Solution below.

SET SQUARE

	×		+	8	= 15
+	■	−	■	×	
	−		+		= 10
+	■	+	■	+	
	+		+		= 15
= 9		= 9		= 78	

Place digits 1-9 to make the sums work. Each digit can be used only once. Solution below.

Yesterday's solutions

Sun DOKU

Teaser

9	2	3	6	1	7	8	5	4
4	5	8	3	9	2	1	6	7
6	1	7	4	8	5	9	3	2
1	4	6	2	7	8	3	9	5
8	3	2	5	6	9	7	4	1
5	7	9	1	3	4	2	8	6
2	9	4	7	5	3	6	1	8
7	8	1	9	4	6	5	2	3
3	6	5	8	2	1	4	7	9

Toughie

1	7	2	9	4	6	8	5	3
6	9	5	7	8	3	4	1	2
8	4	3	1	2	5	6	9	7
3	6	4	2	7	1	5	8	9
9	5	8	6	3	4	2	7	1
7	2	1	8	5	9	3	4	6
4	8	9	3	6	7	1	2	5
5	1	6	4	9	2	7	3	8
2	3	7	5	1	8	9	6	4

Two-speed crossword

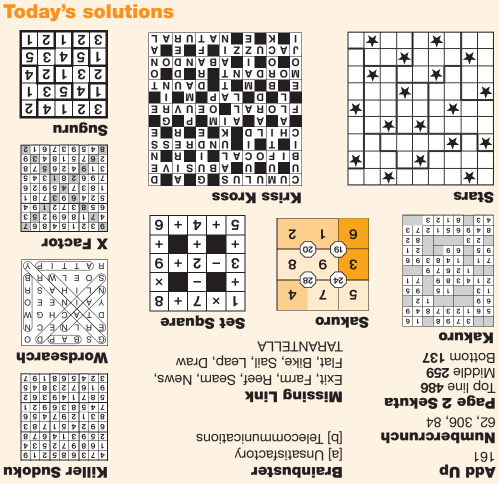
ACROSS: 1 (S)mock, 3 F-lip-flop, 9 Bear cub, 10 Ruffs, 11 (P)lunge, 12 Austin, 14 S-older, 16 Bitter(n), 19 S-cor-ch, 21 D-rain, 24 L-inks, 25 Wreathe, 26 Dock-yard, 27 Tray.

DOWN: 1 Mobil-is-e, 2 Chain, 4 Lib-y-an, 5 Paris, 6 Left-is-t, 7 Pe-st, 8 S-chem-e, 13 O-ranger-y, 15 La-con-ic, 17 In-deed, 18 Shower, 20 Rusty, 22 Altar, 23 F-l-ed.

NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2025 was 34.7%

Today's solutions



Calls for clues & answers last no longer than 2 minutes (Sundial answers may vary). Helpline: **0333 202 3390** (9am-5.30pm). Service provider: Spoke, W1T 4HD

CHARMED LIFE

STANDARD LIFE has posted a 25 per cent rise in first-half operating profit — crediting cost-cutting and stronger income.

Adjusted operating profit reached £563million, up from a year earlier, after growth across its pensions and savings arm and retirement solutions business.

However, it suffered an overall first-half loss of £179million, largely due to £473million in hedging costs on market volatility.

HEALTHY DEAL

SPIRE HEALTHCARE has agreed to a £1billion takeover by a group of investment firms, paving the way for the hospital chain to leave the London stock market.

TULIP UK, backed by **TOSCAFUND**, **ARES MANAGEMENT** and **THCP ADVISORY**, has offered 250p per share — 66 per cent above its closing price before talks emerged in May.

The buyers plan a year-long review that could lead to parts being sold and job cuts.

Sun money daily

james.flanders@thesun.co.uk

EDITED By JAMES FLANDERS, Business Affairs Editor

MORTGAGES MOVING UP

5 lenders push rates higher

By JAMES FLANDERS

MILLIONS of homeowners are facing higher bills after five major lenders raised mortgage rates yesterday.

BARCLAYS, **SANTANDER**, **TSB**, **SKIPTON** and **NOTTINGHAM BUILDING SOCIETY** hiked many fixed deals by about 0.15 percentage points.

The move follows a surge in Government borrowing costs last week.

The yield on 30-year gilts – IOUs issued by the Treasury – hit 5.91 per cent, which is above the levels seen during the chaos following Liz Truss's mini-Budget.

Ten-year yields reached 5.29 per cent, their highest since the 2008 financial crisis.

When gilt yields rise, lenders often pay more to fund mortgages. This pushes up swap rates, which help determine the price of fixed home loans.

Analysis from Moneyfacts said the average two-year fixed-rate mortgage rose from 5.60 per cent on Friday to 5.63 per cent on Monday – the highest since August 10. The average five-year fixed rate climbed to 5.68 per cent, its highest since May 11.

And even small increases hurt.

A 0.25 point rise on a £250,000 mortgage over 25 years could add around £38 a month, or £456 a year, according to Moneyfacts.

Broker Nicholas Mendes said the market was operating normally, but more rises were possible.

Homeowners can often reserve a new deal six months before their current one ends.

Experts advise locking in early, as they may be able to switch if a cheaper deal appears before completion.

Buyers should also move quickly – an agreement in principle does not secure a rate. Existing customers with a valid reserved deal should not panic, as rises usually affect only new applicants.

5.68% Average rate on offer for 5-year fixed mortgage

FTSE 100 10,822.13 DOWN 8.96pts 0.08%

$1.35 €1.16

SHARE PRICES

21st Cent Fox Inc A*	4951¼	-	
21st Cent Fox Inc B*	3366	-	
Aberdeen Group*	249¼	-	0 ¾
Anglo American*	4206	+	40
Assco Br Foods	2047	-	25
AstraZeneca*	12036	+	30
Aviva*	723½	-	6 ¼
BAE Systems	1946½	-	10
BP*	546¾	+	7 ¼
BT Group*	200	-	1 ¾
Barclays*	499½	+	2 ¾
Barratt Redrow	301½	-	2 ¾
Bco Santander SA	1108	+	8
Brit Ameri Tobacco	4081	-	44
British Land	416	-	2
Bunzl	2654	-	4
Burberry Group	1105	+	1 ½
Compass	2270¾	-	5 ¼
Currys*	154½	+	0 ½
Diageo	1625½	-	31 ½
Drax Group	809½	+	12
Experian	2790	-	24
FirstGroup	176¾	+	0
Frasers Group	799	+	3
GSK*	1835½	-	11
Greggs	1832	-	33
HSBC*	1579	-	1 ¼
IMI*	3074	+	30
ITV	70¼	-	0 ¾
Imperial Brands*	2480	-	9
InterCont'l Hotels*	11561	-	263¼
Intl Consol. Airlines	428½	-	2 ¾
Johnson Matthey	2308	+	16
Kingfisher	301½	-	5 ¾
Legal&General*	293¾	-	1 ¾
Lloyds Banking Gp*	113½	+	0 ¾
LSE Grp*	8712	-	118
Man Group*	305	-	2 ½
Marks & Spencer	390¾	+	2 ¾
Mitch & Butlers	275	-	4
Mitie Group	209¾		-
Mobico Group	23	-	1
Mothercare	0¾		-
NatWest Group*	699½	-	0 ¼
National Grid	1150	-	1
News Corp A	2266½	-	5 ¼
News Corp B	2525½	-	5 ¾
Next	15435	+	100
Pennon	461¼	-	2 ½
Persimmon	1134	-	11
Prudential	1023	+	0 ½
Rank Group	98¾	-	3 ¾
Reckitt Benckiser*	5086	-	28
Rentokil*	343½	-	4 ¾
Rightmove	485¾	-	5
Rio Tinto Ltd*	9453½	+	78 ½
Rolls-Royce*	1489¼	-	0 ¼
SSE*	2413	+	12
Sainsbury's	342½	+	1 ½
Segro*	942¾	-	7 ¼
Severn Trent	2944	-	38
Shell*	3475½	+	38 ½
Smith&New	1066	+	2
Smiths News	70¼	-	0 ¼
Standard Chartered*	2267	+	23
Tesco	475¼		-
The Sage Grp	1032	-	19 ½
Unilever*	4695	-	68
United Utilities	1342½	-	19 ½
Vanquis Banking Gp	78½	-	4 ¼
Vesuvius*	381	+	2 ¼
Vodafone	125¼	-	0 ¼
WH Smith	379	-	5 ¼

* = ex dividend

EDF'S SO KEEN ON RIVAL

FRENCH energy giant EDF is in talks to buy British supplier SO ENERGY, adding about 300,000 customers to its books.

The state-owned utility already supplies electricity to about five million UK customers. So Energy, majority-owned by Ireland's ESB, also installs solar panels. A source said that the business is relatively small and a hefty price tag is not expected.

A deal would strengthen EDF's position as it battles rivals OCTOPUS ENERGY, BRITISH GAS and E.ON.

So Energy did not comment.

Sun travel

Edited by LISA MINOT
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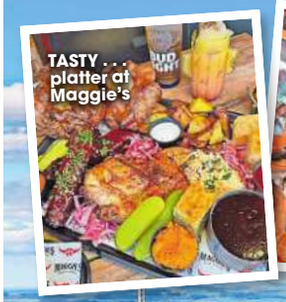
hot spots

- EGYPT is 34C: Seven nights' all-inclusive at the 4★ Rewaya Inn Resort in Hurghada is from £520pp including flights from Birmingham on September 23. See thomascook.com.
- CYPRUS is 32C: Seven nights' self-catering at Apollon Zeus Villa in Coral Bay is from £536pp with Manchester flights on October 11. Villa sleeps ten. Find out more at solmarvillas.com.

COWBOYS AND GIRLS WILL LOVE SCOTTISH CITY


TASTY . . . platter at Maggie's

FOR SALE . . . boots at Cowpeople

FUN . . . Maggie's line dancing

ROCK 'N' RODEO . . . braving the mechanical bull

TWO GOOD . . . Glasgow is Scotland's second city

One more for the rodeo in Glasgow

"WHO doesn't love a hoe-down?" shouts Garry King, the vibrant drag host encouraging people on to the floor for the fifth line dance of the night.

As Texas Hold 'Em by Beyonce starts blaring, the rhythmic tapping of cowboy heels echoes across the wooden floor.

You could be forgiven for thinking I'm in America's Deep South, but this is actually Maggie's Rock 'N' Rodeo in Glasgow.

The themed bar comes alive with line dancing in the evenings and boozed-up punters attempt to beat a mechanical bull but, more often than not, fail.

Maggie's isn't the only spot in the Scottish city transporting visitors to cowboy country, though.

A few doors down sits Buck's Bar – home to enormous chicken burgers as big as your head.

The Barras Market is another spot where you can embrace the city's Western personality.

I made a beeline for Cowpeople's collection of authentic cowboy boots and leather jackets, but the rest of the market is a treasure trove of antique gems and independent makers.

It's also where I found viral hit Eight Coffee Co serving up unique coffee and matcha blends.

I opted for the cereal milk matcha, which was a creamy, sweet hit of nostalgia (though it is worth noting the menu changes often).

Glasgow has many other glorious spots to explore beyond the Western theme, such as the Botanic Gardens, which are free to visit.

IN LINE . . . Garry ready to party

The main glasshouse, called Kibble Palace, dates back to 1873 and features a number of different domed segments full of ferns, making the attraction feel like a jungle in the middle of an often overcast city.

Wandering away from the Botanic Gardens, I stumbled into Glasgow's West End, which was recently branded one of the coolest neighbourhoods in the UK.

I could have spent hours getting lost in the winding lanes with independent shops selling all sorts of products. My favourite find? A quirky independent witchcraft shop selling potions (aka scented candles).

For more quaint exploration, Ashton Lane feels as though you are stepping into a little French town, with cobblestones lining the road and cosy restaurants and bars found on either side.

And culture vultures should head to the free-to-visit Kelvingrove Art Gallery and Museum.

You could spend an entire day exploring here, thanks to 22 galleries packed with over 8,000 objects, including a Spitfire plane and art by Salvador Dali. But when in Scotland, it would be rude not to take at least one whisky tour. The Clydeside Distillery on the banks of the Clyde is a top spot.

My guide spoke passionately about the history of whisky-making in the city before then guiding me through a flight of five drams, each accompanied by a chocolate that magically changed the taste.

The whisky and chocolate tour costs £39 per person and takes around 80 minutes.

As for a base, the AC Marriott Hotel is centrally located and has an impressive living wall in the vast lounge space as you enter.

Bargain route

My chic room was ultra modern with cream accents and floor-to-ceiling windows providing stunning views over the city.

It also had a smart TV and Nespresso machine.

Breakfast didn't disappoint either, with a buffet including Full English items as well as Scottish delicacies such as haggis and continental delights.

I'm from London and getting to Glasgow couldn't be easier these days, thanks to budget train operator Lumo offering a bargain route, with fares starting from £33.10 one-way.

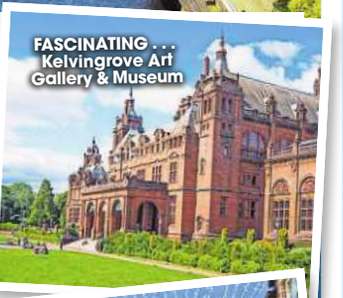
While flying may well be quicker, my Lumo experience was very comfortable, and I had good wi-fi connectivity throughout the journey.

Glasgow proves you don't need to cross the Atlantic to have an unforgettable adventure.

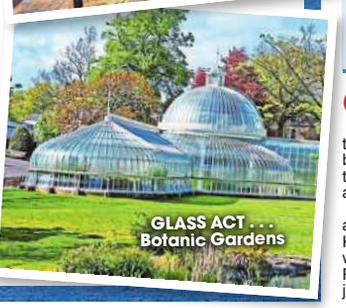
CYANN FIELDING

GO: GLASGOW

GETTING THERE: Lumo runs three trains a day from London King's Cross to Glasgow Queen Street (two northbound and one southbound) on weekdays with a varying schedule on weekends. The train calls at Stevenage, Newcastle, Morpeth and Edinburgh Waverley en route. See lumo.co.uk.
STAYING THERE: Rooms at the AC Marriott Hotel are from £93 per night in September. See marriott.com.
MORE INFO: See visitglasgow.com.


FASCINATING . . . Kelvingrove Art Gallery & Museum

HOTSPOT . . . Ashton Lane


GLASS ACT . . . Botanic Gardens

SNAP UP A TICKET TO SEE SANTA

CHRISTMAS SPIRIT . . . Lapland

SUMMER may have only just finished, but families need to be quick if they want to see Santa at Lapland UK this year.

The final batch of tickets will be released this Friday and workers are warning they'll be snapped up in a flash.

On top of a meet-and-greet with Santa, tickets include access to four-and-a-half hours of activities including the chance to help elves in the toy workshop, go ice skating and decorate a batch of delicious gingerbread cookies.

Visitors have a choice of two venues – the original, in Ascot, Berks, and Capesthorne Hall in Manchester, which opened last year.

Both sites will be open from November 7 until December 24.

Final tickets cost from £60pp and go on sale at midday on Friday. See laplanduk.co.uk.

lates

CROATIA: Seven nights' all-inclusive at the 3★ Hotel Epidaurus in Cavtat is from £619pp, based on two adults and two children sharing with flights from Newcastle on September 24. Includes 22kg of baggage per person and transfers. For more details, visit jet2holidays.com.

NEW FOREST: Three nights' self-catering in a two-bedroom holiday home at Green Hill Farm Holiday Village in Landford is from £102pp, based on four sharing. See lovatparks.com.

GREEK ISLAND CRUISE: A seven-night Grecian Discovery sailing on board Marella Discovery is from £1,366pp, departing Limassol in Cyprus and calling at Piraeus (for Athens), Santorini, Bodrum, Heraklion and Rhodes. Price includes flights from Bournemouth on September 30, 20kg luggage, transfers and service charges. See tui.co.uk/cruise.

DEVON: Four nights' half-board at the 3★ Devonshire Hotel in Torquay is from £284pp, arriving on September 13. Coach pick-up is available at various locations across England. See daishs.com.

SPAIN: Seven nights' B&B at the 4★ Gran Hotel Bali in Benidorm is from £379pp including flights from Cardiff on October 6. For more information or to book, visit travelsupermarket.com.

- JET2 is launching more flights to holiday hotspots next summer.

From 2027, customers will have the choice of 22 routes from nine UK bases to family favourites including the Balearics, Croatia, Greece, Italy and mainland Spain.

Among the destinations to receive additional flights are Crete, Kalamata, Kefalonia and Halkidiki in Greece, as well as Verona and Naples in Italy and Pula and Dubrovnik in Croatia. See jet2.com and jet2holidays.com.

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TERMS AND CONDITIONS: *Return coach travel is available from an extensive network of pick-up points in England and Wales. A small number of pick-ups may incur a supplement of £15-£30pp. Coach package holidays are subject to tour operator Just Go! Holidays' terms and conditions. Your booking is protected by Bonded Coach Holidays and the Association of Bonded Travel Organisers Trust Limited; government-approved consumer protection schemes. Tours are offered subject to availability and government guidelines. Operated by Just Go Holidays Ltd. Prices are per person, based on two people sharing a double/twin room. Single supplements apply. Please see the website or call for further details.

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THRU THE DECADES CHRISTMAS PARTY

20 November 2026 • 3 nights
Warner Bembridge Coast Hotel, Isle of Wight

ENTERTAINMENT:
Dr Hook Songbook featuring Billy Shannon, Gaz Jenkins as Billy Joel, Bootleg Barlow, Motown's Legends, The Rozzers (tribute to The Police), SoulTown Divaz, Bobby Gee's Bucks Fizz, Roy Carter of Heatwave, Country Joe, The Four Ds with band, Emily Reed sings Christmas classics, The Overtures, Uche Eke plus The GN A-way Team.

INCLUDES:
- Free bar 6pm-midnight every night - selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers
- Full entertainment programme daytime and evenings*
- Three nights in a standard double en-suite chalet - singles and hotel upgrades available
- Three breakfasts and three dinners
- Car ferry and parking

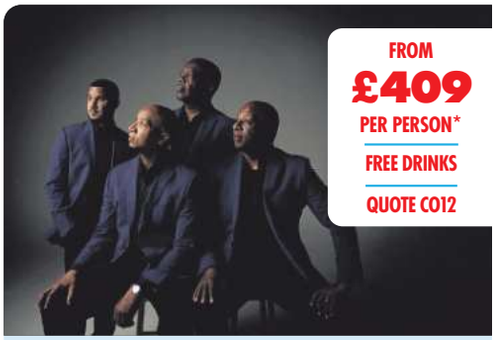
FROM **£459** PER PERSON*
FREE DRINKS
QUOTE CN11

BEST OF THE 60s & 70s ISLE OF WIGHT CHRISTMAS PARTY

30 November 2026 • 4 nights
Warner Norton Grange, Isle of Wight

ENTERTAINMENT:
Fil Straughan's Spirit Of Luther, Phil Wright's Paper Lace, The Alvin Stardust Band featuring Stars In Their Eyes' Chris Nott, Johnny Will as Freddie Mercury, The Chapman Twins' 60s Show, The Foundations, The Remakes, Roy Carter of Heatwave, Country Joe, The Swinging Blue Jeans, SoulTown Divaz, Lee Pashley - Sounds Of Bublé, The Temple Bros, 60s Explosion, Uche Eke - Soulfully Sung, Martin Jarvis as Tom Jones, Martin Cox, The Richie Hines Show and The GN A-way Team.

INCLUDES:
- Free bar 6pm to midnight every night - selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers
- Full entertainment programme daytime and evenings*
- Four nights sharing a standard double en-suite chalet – singles and upgrades available
- Four breakfasts and four dinners
- Car ferry and parking



FROM **£409** PER PERSON*
FREE DRINKS
QUOTE CO12

SIMPLY SOUL & MOTOWN SUFFOLK COAST CHRISTMAS PARTY

4 December 2026 • 3 nights
Warner Corton, Lowestoft

ENTERTAINMENT:
Sing Baby Sing's Stylistics tribute, Sir CJ Jackson & The Vagabonds, Maxine Mazumder as Dusty, Soul Town Divaz, Destiny Michelle as Whitney Houston, Motown's Legends, Uche Eke Soulfully Sung, Fil Straughan & Band, Buzz D'Angelo as James Brown, The Foundations, Chapman Twins and The GN A-way Team.

INCLUDES:
- Free bar 6pm-midnight every night - selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers
- Full entertainment programme daytime and evenings*
- Three breakfasts and three cabaret-style dinners
- Three nights sharing a standard double en-suite chalet – singles and upgrades available
- Car parking

FROM **£439** PER PERSON*
FREE DRINKS
QUOTE CO2

BEST OF THE 60s & 70s SUFFOLK COAST PARTY

5 February 2027 • 3 nights • Warner Corton, Lowestoft

ENTERTAINMENT:
Chris Nott's 70s Heartthrobs, The Firebirds, The Chapman Twins, The Austin Beats, Union Gap UK, New Amen Corner, Country Joe, The Searchers Experience featuring Spencer James, Maxine Mazumder as Dusty, The Hijacked Hollies, Glen Leon as Tom Jones with band and The GN A-way Team.

INCLUDES:
- Free bar 6pm-midnight every night - selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers
- Full entertainment programme daytime and evenings*
- Three nights sharing a standard double/twin en-suite chalet – singles and upgrades available
- Three breakfasts and three cabaret-style dinners
- Car parking

FROM **£429** PER PERSON*
FREE DRINKS
QUOTE CN1

THRU THE DECADES CARRY ON NEW YEAR ISLE OF WIGHT PARTY

28 January 2027 • 4 nights
Warner Norton Grange, Isle of Wight

ENTERTAINMENT:
New Year Party with Rich Mix & Keith Slater, Joey Scott, Nancy Ann Lee's Papa Don't Preach 80s tribute show, Soultown Divaz, Suzy Hopwood's Kylie Alike, Paul da Vinci's 60s & 70s Explosion, Marc Robinson's Winter Dance Party which includes tributes to Buddy Holly, Richie Valens, The Big Bopper & Dion & The Belmonts; The Four D's, Sarah Riches – Hopelessly Devoted to Olivia with Band, Country Joe, SOS Blues Brothers, Police tribute The Rozzers, Motown Legends, The Boulevards, Frankie Valli & The Four Seasons tribute West End Jerseys, Cheyne Moore's Motown & Soul and The GN A-way Team.

INCLUDES:
- Free bar 6pm-midnight every night - selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers
- Full entertainment programme daytime and evenings*
- Four nights sharing a standard double/twin en-suite chalet – singles and upgrades available
- Four breakfasts and four dinners
- Car ferry and parking

FROM **£479** PER PERSON*
FREE DRINKS
QUOTE BE3

SPRING THRU THE DECADES ISLE OF WIGHT PARTY

15 March 2027 • 4 nights
Warner Bembridge Coast Hotel, Isle of Wight

ENTERTAINMENT:
Herman's Hermits, Paul Metcalf – The Rod Stewart Story, Tom Harding of Union Gap UK, Shomaddymaddy, Badness, Jamie Thurston, SOS Blues Brothers Tribute, Cheyne 'Queenie' Moore, Joey Scott, Stephen James `Teenager in Love Show', Tameka Jackson as Diana Ross, The Four D's with band, ET as Bob Marley, YMCA Village People Experience, Country Joe, Soul Kinda Wonderful, Straight Circles, Liam Halewood as Boy George, Christopher Gee's 'Audience with The Stars' and The GN A-way Team.

INCLUDES:
- Free bar 6pm-midnight every night - selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers
- Full entertainment programme daytime and evenings*
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US OPEN TENNIS

Out of bounds

NO GOLF FOR ALCARAZ

FORE-HAND . . . Alcaraz shows off his golf swing in New York last year

From ROB MAUL in New York

CARLOS ALCARAZ is having to make a huge personal sacrifice in his pursuit of tennis glory — he cannot play any golf this fortnight.

The Spaniard, 23, is favourite to win a third US Open title on Sunday in New York.

It is his first tournament for 4½ months after he injured his wrist competing at the Barcelona Open.

During last year's US Open, he spent his days off playing golf on the nearby fairways with Ryder Cup hero Sergio Garcia, whom he beat in a $200 course wager.

Yet the clubs have not been brought this time as he does not want to inflame his wrist with a bumper **£4.1MILLION** first prize on the table.

Alcaraz said: "I've been really focused on the recovery, doing the right things, trying to be healthy for the next round.

"Those days off, I'm trying to be chill and focus on the next round. So golfing this year isn't an option."

Alcaraz became the youngest man in the Open Era to complete the career Grand Slam when he lifted the Australian Open for the first time in February.

Injury denied him the chance to win this year's French Open and Wimbledon — and though he has tape around the sore wrist, he has not so far shown any signs of discomfort or worries.

Should he triumph again at Flushing Meadows, he would become the only man in the professional era to successfully defend Grand Slams on three different surfaces.

And Alcaraz is so good, it seems he does not need to worry about his opponent as he has not even checked the draw properly!

In today's quarter-finals, he thought he was going to play either Daniil Medvedev or Frances Tiafoe.

Alcaraz got his matches mixed up and was told live on air that it was actually Ben Shelton or Stefanos Tsitsipas he should be thinking about.

The seven-time Major champ said: "Oh my God, I thought I was playing Medvedev versus Tiafoe. Oh my God. Surprise!"

After later finding out Tsitsipas had lost to home hope Shelton, Alcaraz added: "Ben's a powerful player. He uses the crowd, especially when he's playing here.

"I'm excited about playing the quarter-final. I've got to be ready. I'm going to watch it and I'll be ready for that."

Shelton, 23, has lost all three of his encounters with Alcaraz.

The Florida left-hander said: "I've never played him here in New York. He's playing at an extremely high level.

"To me, he looks very normal — his normal I mean — which is impressive after not playing for almost five months."

Chinese qualifier **QINWEN ZHENG** came from 5-0 down in a set for the second consecutive match before progressing.

Zheng, 23, rallied against world No8 Iga Swiatek to win 7-5 6-3 — the third time she has made the last eight in New York.

MIRRA ANDREEVA won 5-7 6-4 6-3 but Anastasia Potapova injured her left leg in the final game and left the court in tears.

HENRY'S FEARING DOUBLE TROUBLE

WIMBLEDON hero Henry Patten fears controversial doubles changes will kill off the format.

From ROB MAUL

ATP chiefs must decide in November whether to halve the prize money for doubles events and hand it to singles players instead from 2028.

Their cash could be cut in half from the current 20 per cent tournament pot.

And that would see singles stars getting 90 per cent of the earnings.

Another idea is to halve the size of doubles draws — outside of the Grand Slams and Olympics — as the ATP wants more big-name singles stars to play. Patten, 30, is the world's top doubles player alongside Harri Heliovaara, 37, of Finland.

The Essex lad *(right)* — two-time Wimbledon men's doubles champ — said: "I don't think there's any going back from the changes if they make them.

"Tennis will be very, very different. They specifically came to the top-ten players and said, 'You'll be OK'.

"I could see just 20 to 30 players being able to make a living out of doubles — and the rest are gone."

Luke eye on Euros

LUKE LITTLER has shed the "rust" after his holiday as he eyes the one trophy he is missing.

The Nuke declared he was "back with a bang" following an 8-6 win over Luke Humphries in the final of darts' Czech Open on Sunday.

It secured his spot in the 32-player draw for next month's European Championship — the one televised major he has not yet claimed.

World No1 Littler, 19, said: "The rust has gone.

"I have secured my place in Dortmund and it's the one I am chasing."

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Huddersfield	5	3	2	0	10	4	11
Stockport Cty	5	3	0	2	13	6	9
Bradford	5	3	0	2	5	4	9
Burton Albion	5	2	2	1	10	7	8
Cambridge	5	2	2	1	9	8	8
Luton	5	2	2	1	11	11	8
Reading	4	2	1	1	11	5	7
Leyton Orient	5	2	1	2	10	6	7
Oxford Utd	4	2	1	1	9	6	7
Blackpool	5	2	1	2	9	7	7
Notts County	5	1	4	0	7	6	7
Plymouth	5	2	1	2	7	8	7
Barnsley	5	2	1	2	6	8	7
AFC Wimbledn	5	2	1	2	4	7	7
Stevenage	5	1	3	1	9	6	6
Mansfield	5	2	0	3	8	11	6
Leicester	5	1	2	2	4	7	5
MK Dons	5	0	4	1	7	9	4
Peterborough	5	1	1	3	3	9	4
Bromley	5	1	1	3	4	15	4
Doncaster	5	0	3	2	6	8	3
Wycombe	5	0	3	2	7	12	3
Wigan	5	1	0	4	5	11	3

SNOOKER

ENGLISH OPEN (Brentwood): **1st rd -** S Craigie (Eng) bt M Allen (Nlrl) w/o; J Ding (Chn) bt M Holt (Eng) 4-3; R Williams (Eng) bt J Si (Chn) 4-1; L Davies (Wal) bt R O'Sullivan (Eng) w/o; A Zhang (Chn) bt Z Surety (Eng) 4-1; S Yuan (Chn) bt T Ford (Eng) 4-2; A Carter (Eng) bt J Page (Wal) 4-1; Z Luo (Chn) bt N Robertson (Aus) 4-3; J Jones (Wal) bt B Chang (Chn) w/o; C Wakelin (Eng) bt L Heathcote (Eng) 4-3; C Gong (Chn) bt J Robertson (Eng) 4-3; K Wilson (Eng) bt M Baranowski (Pol) 4-1.

TENNIS

US OPEN (Flushing Meadows, New York): **Women's Singles 4th rnd -** (5) M Andreeva (Rus) bt (24) A Potapova (Aut) 5-7 6-4 6-3; Q Zheng (Chn) bt (8) I Swiatek (Pol) 7-5 6-3.

Men's Doubles 2nd rnd - (16) F Cabral (Por) & J Tracy (USA) bt N Lammons (USA) & J Withrow (USA) 6-2 6-7 (3-7) 6-4; (7) G Andreozzi (Arg) & M Guinard (Fra) bt A Bublik (Kaz) & J Shang (Chn) w/o; (5) C Harrison (USA) & N Skupski (GB) bt J Choinski (GB) & A Donski (Bul) 7-6 (7-1) 6-3; (6) K Krawietz (Ger) & T Puetz (Ger) bt J Rojer (Hol) & T Winegar (USA) 7-6 (12-10) 5-7 6-2; (3) M Arevalo (Esa) & M Pavic (Cro) bt M Kiger (USA) & A Kovacevic (USA) 7-6 (8-6) 6-7 (3-7) 7-6 (10-7); (2) M Granollers (Spa) & F Zeballos (Bol) bt A Fery (GB) & J Paris (GB) w/o.

Women's Doubles 2nd rnd - (8) E Mertens (Bel) & D Shnaider (Rus) bt M Kostyuk (Ukr) & E Gabriela Ruse (Rom) w/o. **3rd rnd -** (1) K Siniakova (Cze) & T Townsend (USA) bt (13) S Hunter (Aus) & D Krawczyk (USA) 7-6 (8-6) 6-4; R Montgomery (USA) & A Krueger (USA) bt T Maria (Ger) & Z Sonmez (Tur) 6-3 6-2; (2) G Dabrowski (Can) & L Stefani (Bra) bt E Hozumi (Jpn) & A Klepac (Slo) 6-0 6-3.

TODAY'S SPORT

(7.45 unless stated)

UEFA CHAMPIONS LEAGUE - LEAGUE STAGE

AEK Athens v LASK 5.45
(Live on TNT Sports 2)
Borussia Dortmund v Villarreal 8.0
(Live on TNT Sports 2)
Club Brugge v Aston Villa 5.45
(Live on TNT Sports 1)
FC Porto v Man City 8.0
Lille v Real Betis 8.0
Real Madrid v Inter Milan 8.0
(Live on TNT Sports 1)

EFL TROPHY NORTHERN GROUP H

Doncaster v Huddersfield 7.0

SOUTHERN GROUP A

Exeter v Tottenham U21 ..... 7.0

CARABAO CUP 3RD ROUND

AFC Bournemouth v Lincoln City ....
Crystal Palace v Middlesbrough .....
Leyton Orient v Bradford .....
Millwall v Newcastle 8.0
(Live on Sky Sports Main Event)
Sunderland v Hull .....

SKY BET CHAMPIONSHIP

Blackburn v Sheff Utd .....
Bolton v West Ham 8.0
(Live on Sky Sports Football)
Cardiff v Stoke .....
Southampton v Swansea .....
Watford v Preston .....
Wrexham v Burnley .....

KDM EVOLUTION TROPHY: Airdrie v St Mirren U21, Annan v Motherwell U21, Banks O'Dee v Forfar, Berwick v Hibernian U21, Clyde v East Fife, Clydebank v Alloa, Cove v Dumbarton, Cowdenbeath v Kilmarnock U21, Cumbernauld v Kelty, East Kilbride v Bonnyrigg, Edinburgh City v Queen of South, Elgin v Fraserburgh, Formartine v Dundee Utd U21, Gala Fairydean v Hearts U21, Montrose v Dundee U21, Peterhead v Clachnacuddin, Ross v Aberdeen U21, Spartans v Hamilton, Stirling v Rangers U21.

ENTERPRISE - North: AFC Telford v Oxford City, Buxton v Brackley, Chester FC v Merthyr Tn, Chorley v Darlington, Harborough Tn v Hereford FC, King's Lynn Tn v Hednesford Tn, Macclesfield FC v Scarborough Ath, Radcliffe v Hebburn Tn, South Shields v Marine, Southport v Morecambe, Spennymoor Tn v Spalding Utd, Worksop Tn v Bedford Tn. **South:** Chesham Utd v Billericay, Dag & Red v Dover, Dorking v Chelmsford, Ebbsfleet United v Hemel Hempstead, Folkestone Invicta v Horsham, Hampton & Richmond v Farnborough, Maidenhead Utd v Torquay, Salisbury FC v Slough, Tonbridge Angels v Maidstone Utd, Weston-S-Mare v AFC Totton.

SPORTS DIRECT IRISH PREMIERSHIP: Larne v Bangor FC.

CRICKET

County Championship - Division One—day 1 of 4 (10.30): Glamorgan v Warwickshire (Sophia Gardens), Leicestershire v Somerset (Leicester), Nottinghamshire v Hampshire (Trent Bridge), Sussex v Surrey (Hove), Yorkshire v Essex (Headingley). **Division Two—day 1 of 4 (10.30):** Derbyshire v Kent (Derby), Durham v Middlesex (Riverside), Lancashire v Gloucestershire (Old Trafford), Worcestershire v Northamptonshire (New Road).

CRICKET ENGLAND v PAKISTAN

THIRD TEST, STARTS TOMORROW, sky sports

A SHOW OF FORCE

Archer will let Ollie & Co hit the target, too

JOFRA ARCHER is happy to let any of England's new 'Fab Four' inflict pain on opposing batsmen.

By JOHN ETHERIDGE

Fast bowler Archer is the quickest and most daunting member of England's four-pronged speed assault.

Archer, Ollie Robinson, Josh Tongue and Gus Atkinson are drawing comparisons with the quartet that won the epic Ashes series of 2005 – Steve Harmison, Matthew Hoggard, Andrew Flintoff and Simon Jones.

But the Sussex speedster does not mind if he occasionally relinquishes the role of battering ram-in-chief.

Ahead of tomorrow's Third Test at Edgbaston, Archer *(below)* explained: "My role is the same as everyone else's. You come in and try to make an impact but, if the guy at the other end is going well, you complement him.

"And, if he's not, then you try to take it up and be the aggressor. That's it – everyone just pushes and pulls.

"It's still early days but we have been going all right so far. Everyone is relentless. The boys are ready."

Of course, England's bowlers have been flattered by Pakistan's terrible batting in the first two Tests. But they have still been impressive.

If they stay fit and continue bowling so well, the combo of Archer, Robinson, Tongue and Atkinson will be key to England's attempt to win in South Africa this winter – and in next summer's Ashes.

A big factor has been Archer's ability to stay fit after so many injuries and frustrations since making his England debut in 2019.

The elbow and back problems seem to be in the past after careful management by the England medics.

Archer, 31, said all the setbacks were frustrating - but did allow him to spend time in his native Barbados, a place he left to come to England when barely out of his teens.

He explained: "With my rehab, I'd be lying if I said I didn't have a good time away from everything. Now, in the present, everything is really nice.

"My body is in a good place, the team is in a good place and everyone is in a good place. I just want to play cricket. Nobody likes missing cricket. That was the most frustrating part for me but I got to spend some time at home.

"Because, after moving to England, I never got more than a couple of weeks.

"You get to catch up with your friends and family that otherwise you would grow apart from.

"I came over to England when I was 20. For four years, it was all about cricket. To get a few months back in Barbados made me feel really grounded. At some point cricket is going to end, so what are you going to do after that?"

Meanwhile, Pakistan have started an inquiry into "discipline and conduct" into their disastrous and turbulent tour.

The Pakistan Cricket Board head of comms wrote on X: "The PCB has initiated an internal disciplinary inquiry following media reports concerning discipline and conduct.

"The process is being conducted under PCB regulations, ensuring all concerned individuals are given due consideration.

"At this stage, any speculative reports or unverified claims circulating on certain platforms, particularly those originating from hostile external sources, should not be regarded as credible."

Pakistan, already 2-0 down, sent home seven players last week – and replaced head coach Sarfaraz Ahmed with white-ball coach Mike Hesson.

It is believed two players have had their mobile phones confiscated as part of the probe.

Meanwhile, **JONATHAN TROTT** will be interim coach for England Lions' two T20s against Sri Lanka this week – and could succeed Andrew Flintoff in the role full time.

Trott finished as Afghanistan head coach after February's T20 World Cup.

Flintoff quit the Lions last month and will coach Sydney Thunder in Australia's Big Bash this winter.

BACK TO HIS BEST

ARCHER IN TESTS BY YEAR

	Matches	Overs	Wickets	Average	Best
2019	7	274.0	30	27.40	6-45
2020	4	125.4	8	45.00	3-45
2021	2	35.1	4	30.50	2-75
2022	0	–	–	----	----
2023	0	–	–	----	----
2024	0	–	–	----	----
2025	5	168.3	18	27.88	5-53
2026	4	121.4	19	22.42	4-53

THE FAB FOUR THIS SUMMER

	Matches	Overs	Wickets	Average	Best
OLLIE ROBINSON	3	79.5	23	8.34	5-39
JOFRA ARCHER	4	121.4	19	22.42	4-53
GUS ATKINSON	4	97.3	11	26.63	5-30
JOSH TONGUE	5	129.0	21	26.71	5-46

OL FOR ONE . . . Ollie Robinson — part of England's 'Fab Four' — in the nets yesterday ahead of the Third Test against Pakistan

McCULLUM . . . excited

KEV

From Back Page

moment. I am excited to work relentlessly hard with these players to maximise their potential."

Pietersen, 46, is outstanding when he talks about batting and mindset and, as a "special mentor", will instil a need for hard work and smart practice.

Head coach Brendon McCullum added: "I have immense respect for KP and what he's achieved.

"I'm particularly excited for our batters to get the chance to work with him."

Pietersen joins England white-ball teams for the T20 and ODI series with Sri Lanka, which starts a week today.

Marcus Trescothick, Tim Southee, Jeetan Patel and Sarah Taylor make up the rest of the coaches.

KP will now tour Australia and South Africa this winter and be involved in a home white-ball series with Pakistan and New Zealand next summer before the World Cup.

Pietersen was a special batsman but his relationship with team-mates began to unravel in the 2012 'Textgate' storm.

In messages to his South African opponents, he called former captain Andrew Strauss a "doos" — an insulting Afrikaans word.

He also claimed "it is tough being me" in the England dressing room and was axed for the Third Test.

Pietersen was reintegrated with great success for England's victorious trip to India in 2012-13.

But his international career ended after the 2013-14 Ashes, when team chief Paul Downton, coach Andy Flower and captain Alastair Cook opted not to pick him again.

Downton claimed KP had become "disengaged" from the side.

And Pietersen wrote an autobiography in which he slammed many of his team-mates and coaches.

Earlier, while captain, he criticised coach Peter Moores and both got axed on the same day in 2009.

Pietersen has since worked as a pundit, was a mentor to Delhi Capitals in the 2025 IPL and has a YouTube cricket channel.

WE NEED TO TALK ABOUT KEVIN

KP FOR ENGLAND

	Tests	ODIs	T20Is
Matches	104	136	37
Runs	8,181	4,440	1,176
Average	47.28	40.73	37.93
Best	227	130	79
100s	23	9	0
50s	35	25	7

F1

NELLI VISION

PRIZE GUY . . . Antonelli celebrates iconic Monza win

HOW IT STANDS

1	Kimi Antonelli	267
2	GEORGE RUSSELL	201
3	LEWIS HAMILTON	191

Kimi a break

RUSSELL RULES OUT TITLE CHALLENGE

GEORGE RUSSELL all but gave up the title fight after Kimi Antonelli's fairytale win in Monza.

By ISABELLE BARKER

The Brit, 28, started Sunday's Italian Grand Prix in second and had a golden chance to close the gap on Mercedes team-mate Antonelli.

But championship leader Antonelli, 20, rose from 19th on the grid to claim a win that will go down in Formula One history.

The Italian's epic drive left him 66 points ahead of Russell – who came second – with Lewis Hamilton 76 adrift.

Russell *(right)* said turning that around would be "exceptionally challenging".

He added: "Kimi's definitely in control of the title and I'm not even thinking about a comeback now.

"I'll just enjoy it from here on in and try to win as many races as possible."

Russell barely put a foot wrong in Monza and did not suffer car issues or team strategy mishaps – Antonelli was just exceptional. Eyebrows were raised over Merc chiefs' call not to pit under the virtual safety car (VSC), with the Brit starting on medium tyres and switching to hard ones following Charles Leclerc's crash on lap three.

Antonelli was on a different strategy – shifting to medium tyres after that red flag.

Merc put the Italian on a new set of mediums when Lance Stroll's stoppage caused a virtual safety car on lap 27, while Russell stayed out in his old hard rubber.

Asked if there was any talk of pitting under that VSC, Russell said: "I thought we were both going to stay out. I was surprised to see him pit.

"At the end, it was a roll of the dice. In that moment, the team wouldn't have known which strategy was better. It made sense to split the cars but, in the end, Kimi had great pace."

The takeaway from this race was that Antonelli was unstoppable and there was nothing Russell could do about it.

That might explain why he and fellow Brit Hamilton, 41, all but threw in the title towel afterwards.

Merc boss Toto Wolff admitted the team had no clue which strategy would prove better.

He said: "The system said the one-stop [for Russell] comes out ahead. That two-stop was coming close to the end but wouldn't catch.

"In the morning, we said the hard tyre would go forever.

"You can start on it and finish on it and you can see with George it was a forever tyre – but it didn't have the performance."

Bernie, 95, nicked with shotgun — Page 1

SCARY . . . British star Ollie Millroy's Ferrari becomes a fireball

Brit Millroy hails Dutch courage

By NICK KING

BRITISH driver Ollie Millroy thanked his brave rival Loek Hartog for saving his life.

The Dutch racer pulled him from a burning Ferrari during a China GT Championship race in Shanghai on Saturday.

Millroy's crash on the seventh lap left him with five broken ribs, a broken collarbone, hand and finger and a bruised lung.

Hartog abandoned his car and helped before emergency crews arrived.

Millroy, 36, posted on Instagram: "I'm still alive tonight, entirely thanks to one man. I don't remember anything between 30 seconds before the crash and one hour after it, but I will remember his incredible act of bravery for the rest of my life."

Rutronik Racing driver Hartog, 23, said: "When I saw a car turning into a huge fireball far ahead, there wasn't really a decision to make.

"I believed the driver might not be able to get out by himself. I went towards the car. There was never a moment of doubt. It was scary."

AJ FIGHT ON

From Back Page

that is exactly what we will be doing."

Joshua's deal — penned in April — stated the bout must happen in the UK.

But Netflix and Saudi boxing financier Turki Al-Sheikh want to take the fight to America to cash in on greater US viewing figures.

New York's iconic Madison Square Garden has been the frontrunner — despite a late surge from Wembley Stadium.

Hearn is set for talks with London Mayor Sadiq Khan to see Wembley host the superfight.

But it would mean a start time of 2am to suit the US viewing audience.

Fury *(above)* launched a blistering attack on rival Joshua on Sunday.

He said: "AJ has st his pants again, yet again.**

"This will only lead me to a fight with Oleksandr Usyk.

"Oleksandr, you're his trainer and sensei and you know he would never fight the Gypsy King — which you have had the guts to do twice.

"You got the decisions last time, fair play to you. Good luck to you, let's do it again. Let's run it back in November.

"The ball is now in your court . . . do you want to fight me this year or are you calling it quits?

"Let me know because I am looking for a new opponent."

The Ukrainian's manager Sergey Lapin said: "Usyk is not Tyson's back-up plan.

"Oleksandr is always open to big challenges. But serious intentions are backed by a concrete offer."

And Usyk is in talks with ex-WBC champ Deontay Wilder for the final bout of his career.

talkSPORT

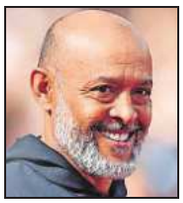
LIVE AND FREE ON talkSPORT

BRUGGE VS VILLA — TODAY 17:45 K.O talkSPORT 2

PORTO VS MAN CITY — TONIGHT 20:00 K.O talkSPORT

MILLWALL VS NEWCASTLE — TONIGHT 20:00 K.O talkSPORT 2

ON RADIO ONLINE ON THE APP



NUNO . . . hard at work

Days off are a big Nuno-no

By JUSTIN ALLEN

NUNO ESPIRITO SANTO has no sympathy for his West Ham players as they brace themselves for a relentless Championship slog.

The Hammers head to Bolton tonight following two wins in four days against Wolves and Derby.

But Nuno refuses to give his squad a breather in the middle of another gruelling run.

The intense schedule sees West Ham visit the Trotters just three days after Saturday's 3-0 victory over the Rams — and they then host Wrexham on Friday night.

Asked if the squad will get a day off, boss Nuno said: "No, no, no. I'm sorry for them, no days off.

"We worked on Sunday and Monday and we're going to play on Tuesday.

"Then we're going to work on Wednesday and Thursday, play on Friday."

Portuguese Nuno, 52, accepts the brutal physical demands of England's second tier — but hard work is non-negotiable.

He added: "It was a positive last week for us, with two good, much-needed results. Winning helps our legs recover.

"This is what we expect through the season.

"Let's see how long we can sustain our levels."

Nuno is also facing a potential injury blow after striker Taty Castellanos went off crocked in the win over Derby.

Sport

ASHLEY WILLIAMS will join Craig Bellamy's Wales coaching staff.

Williams, 42, skippered the Dragons to the Euro 2016 semis.

Ex-Swansea coach Alan Sheehan is also joining Bellamy's team.

SHORT

Hughes' Hilal deal

RICHARD HUGHES was unveiled as sporting director at Al-Hilal — days after his Liverpool exit.

Hughes, 46, had been at Anfield since June 2024 in the same role.

He joined the Saudi Pro League club having arrived in Riyadh on Sunday to finalise his contract.

Al-Hilal have just signed Arsenal winger Gabriel Martinelli and striker Ollie Watkins from Aston Villa.

Hughes led the appointment of Arne Slot after legendary manager Jurgen Klopp left two years ago.

Liverpool won the 2025 title — but flopped last term despite a £400million splurge on new players.

Slot was replaced by Andoni Iraola this summer.

MILLWALL v NEWCASTLE

Carabao Cup third round, 8pm, sky sports talkSPORT

Welcome to El for Toon at Den...

SCOTCHA! . . . Lyndon Dykes was part of the Scotland team that beat Spain 2-0 back in 2023

DYKES KO'D SPAIN, NOW IT'S MAGPIES

LYNDON DYKES was part of the Scotland side that stunned Spain — now he wants to slay Prem giants Newcastle at The Den.

By JUSTIN ALLEN

EXCLUSIVE

The Millwall striker starred in the Tartan Army's sensational 2-0 win over a star-studded Spanish side featuring Rodri, Dani Carvajal and Mikel Oyarzabal back in 2023 – their last competitive defeat.

Dykes, 30, insists facing Toon's top-flight stars in the Carabao Cup third round holds no fear as he looks to pass that big-stage experience on to Millwall's younger players.

He said: "I've played in the last team to beat Spain in a competitive match, so Newcastle holds no fears for me.

"I love games like this. You're always up for matches where you're the underdog against a big club – and I've had so many moments like that.

"We were massive underdogs against Spain, no one expected us to win, but we turned them over. That's what cup football is all about.

"Newcastle will find the atmosphere hostile at The Den, too, so if we can get in among them, we've a good chance."

Alex Neil's Lions enter the tie buoyed by Saturday's 4-0 victory against Bolton – despite facing an injury crisis.

Thirteen players are KO'd and midfielder Jenson Metcalfe also sits out tonight's game after being sent off on Saturday.

But Dykes *(left)* insists the injury-hit dressing room is pulling together. He said: "You wouldn't think you'd have so many injuries at this point.

"But it's an opportunity for other people and everyone's pulling their weight.

"The experienced boys, who have been in the league for a long time, must help everyone out. We have to stick together and make sure we get through."

Neil's depleted ranks have been handed a timely boost with winger Romain Esse, 21, returning on loan from Crystal Palace to provide extra magic.

Dykes said: "Getting Romain back with us is a brilliant signing for the club. Hopefully he helps us out as much as we all know that he can. Losing Femi Azeez to Brighton on transfer deadline day is a big miss – but it's up to the other lads to fill his shoes."

After joining the Lions five weeks ago, Dykes has already fallen in love with the hostile atmosphere.

Having spent years visiting The Den as an opposition player for the likes of Charlton, QPR and Birmingham, he knows how terrifying the stadium can be for away sides.

Dykes said: "It's a hard place to come, it is bouncing, it's so hostile. Everyone's got that expectation and feeling before they even come just because of what they've built over the years here.

"I'm just glad that they're now on my side as a Millwall player."

And Dykes is relishing the prospect of roughing up Newcastle's physical backline. He said: "I love chucking myself about.

"It's always going to be a battle against a Premier League side and you need to make sure you're ready for that.

"It comes down to fine margins. Against the likes of Newcastle, you need to make sure you take your chances and hopefully we do that."

And if the match goes to penalties, Dykes added: "I'm always down to take one – hopefully it goes in."

MATT NOT SCARED OF LIONS

MATTHIAS JAISSLE does not fear stepping into the South London bear-pit.

By GARY STONEHOUSE

Newcastle's boss, 38, is unbeaten since taking charge – but puts that proud record on the line tonight in the Carabao Cup third-round clash at Millwall.

Many have crumbled in the infamous Den atmosphere of the Championship promotion-chasers.

But while the strapping German coach, 38, is well aware of what awaits his Prem side, he is confident that his young summer signings will not be affected.

Asked if he was worried about the intense cauldron of noise, he said: "Yes, I am aware of it. No I'm not worried. I am protected in my box!

"I don't want to compare as I don't know that crowd too well.

"So I will be careful of making comparisons. I much prefer to be on the touchline at St James' Park – then we have the full crowd behind us.

"It will be a bit of a special atmosphere down there, I'm aware of that, but it doesn't influence my coaching and it should not influence the players.

"We need to focus on what we can influence on the pitch and, if we do our job, then we can go a lot further."

JAISSLE . . . unbeaten

WILSON . . . Toon vision

Wilson is sold on big plan

By GARY STONEHOUSE

NEWCASTLE must keep selling to achieve their 2030 vision.

The Magpies brought in £228million this summer by selling Bruno Guimaraes, Anthony Gordon and Sandro Tonali — with only the Brazilian skipper's £75m exit unplanned.

Toon forked out £266.6m to bring in eight recruits, all aged 24 or younger, for new boss Matthias Jaissle.

Chief executive David Hopkinson set an ambitious 2030 target for Newcastle to be among the world's best clubs.

And the Canadian's commercial deals have put the club on a surer footing.

But sporting director Ross Wilson now believes selling well is key to achieving their goals.

Wilson said: "We built a squad for the season.

"That doesn't mean we might not make further alterations in January.

"If you want to be a successful club in the Premier League you have to trade players.

"David and his team are making those revenues really, really grow. But if you don't trade players you're going to get stuck."

Newcastle tied down Harvey Barnes and Lewis Miley on long-term deals in the summer and Wilson hopes star left-back Lewis Hall, 21, will follow suit.

Wilson said: "We comment on things like that when they are done. But who knows what the 2030 squad looks like?

"We want players who are on a journey with us.

"But if their journeys go at rapid speed, they might go somewhere else. That's part of football."

Edu axed by Forest

By SIMON COLLINGS

EDU has left Nottingham Forest after his contract was terminated.

The Arsenal Invincible got his marching orders last week — just 14 months into the job as global head of football.

Edu, 48, joined Forest after five years with the Gunners' backroom staff.

But the Brazilian's move quickly turned sour and in March he was told to stay away from training.

That came after he fell out with then-coach Nuno Espirito Santo and many of his signings flopped.

Forest paid Ipswich £37.5million — their record fee at the time — for Omari Hutchinson, 22.

But the winger scored once last season and is now on loan at AC Milan.

PREM

A PERFECT MATCH

TO HAV AND TO ODE

DOUBLE ACT . . . Odegaard and Havertz are so close that the German was a groomsman at his skipper's wedding (left)

Kai 'n Mart bromance gets Guns in groove

MIKEL ARTETA has finally got Arsenal's attack firing — and all it needed was a little love.

By SIMON COLLINGS

The Gunners kept up their perfect start to the season with Sunday's 2-1 win over Chelsea in a performance full of swagger and style.

Kai Havertz and Martin Odegaard were at the heart of it as both scored to wipe out Morgan Rogers' opener.

When the pair are in that kind of mood, there is little anyone can do and Arteta is reaping the rewards of their blossoming bromance.

Arsenal have scored nine so far this season, including the Community Shield, and Havertz and Odegaard are responsible for six of them.

The pair are very close off the pitch — and that clearly impacts how they perform on it.

There is an understanding of each other's games, which was summed up by Sunday's brilliant winner.

Havertz's delightful dummy fooled everyone except Odegaard, who did not need to break stride before collecting Christos Tzolis' cross and smashing home. Captain Odegaard, 27, said: "Kai is a really smart player — he just moves so well and takes a lot of attention from the defenders."

It was a similarly unselfish moment in 2023 which sowed the first seeds of the pair's tight bond.

After joining the Gunners from Chelsea for £65million, Havertz had a tough start and failed to score in his first nine games.

The drought ended at Bournemouth when Odegaard won a penalty and gave the ball to his new team-mate so he could get off the mark.

It was a turning point for the German star — not least because after scoring, the Arsenal fans sang his name to the tune of Shakira's Waka Waka hit for the first time.

Havertz, 27, is a shy character and Odegaard helped bring him out of his shell across the following months. They ended up going on holiday together at the end of that season and, a year later, Havertz was a groomsman at Odegaard's wedding.

Now both fathers, their wives get on well, too, and they all spend time together walking their dogs.

When Odegaard did a documentary last season on leadership, Havertz swiftly agreed to be a part of it and opened up on just how much the Norwegian playmaker supports him.

The striker said: "What do I like about Martin? We don't need to speak about football abilities but just him as a human.

"I remember when I first joined, it's always tough for new players to come in. I am very shy and he messaged me straightaway.

"From that moment, I knew he was going to help me out. He always has an open ear about everything."

Both spent more time together off the pitch last season than they would have liked.

The pair had injury-hit campaigns and on only three occasions were they named in the same starting XI for a Premier League game. They have already matched that tally this term, so it is little wonder that the champions' forward line is purring once more.

Manager Arteta will, however, be aware of the need to keep both fit — which makes tomorrow's trip to Napoli so intriguing.

Arsenal will want to get their Champions League campaign off to a good start after their heartbreaking loss on penalties to Paris Saint-Germain in last season's final.

But lurking on the horizon is Saturday night's tough Prem trip to Sunderland — plus two more away games next week.

It is why Eberechi Eze and Viktor Gyokeres could come into the forward line, but Arteta will be loath to drop his A-list attackers.

The pair are in the groove now, which means Arsenal's attack is, too.

And Havertz said: "Martin is an unbelievable player — we saw that over the last few years.

"He's back to his best and is going to help us a lot this season."

RAYA'S EURO VISION

From Back Page

the league after 22 years and after you have got so close, it gives you that relief and it gives you that extra confidence.

"We've been improving every single year in the Champions League, especially after so many years without playing it.

"Since we came back to the competition, we have been enjoying it, which is the most important thing.

"We just have to be ourselves and enjoy the moment. Enjoy every single game and we will see where we are at the end.

"So just try to be better than last year — that's all.

"The last season is gone. That doesn't matter now.

"We have to be focused on this season. Just focus on ourselves, focus on the present, enjoy and play that type of competition, especially against a big rival like Napoli."

Arsenal are playing with the confidence of champions — with three league wins from three games — after returning to defend their crown.

But boss Mikel Arteta is sweating on the fitness of defender Cristhian Mosquera ahead of their trip to Italy.

The Spaniard was left out of the squad for Sunday's 2-1 win over Chelsea at the Emirates.

Mosquera, 22, has been feeling some discomfort in his hamstring after he came off in the 79th minute of Arsenal's 1-0 win at Aston Villa last week.

Sun TACTICS EXPOSED

How Arsenal's 'frozen' man baffled Blues

SCAN HERE TO WATCH

MAITLAND-NILES

Ainsley's fight club

By TONY LITTLE

AINSLEY MAITLAND-NILES must fight for his place at Everton — despite being the only right-back in a threadbare squad.

The ex-Arsenal star arrived on deadline day from Lyon and marked his debut with a stunning leveller in Sunday's 2-2 draw with Manchester United.

Maitland-Niles, 29, is expected to take over from Merlin Rohl — the midfielder who has been covering in defence.

AMN said: "From the first few days I entered the pitch, you could see they're fighters.

"If you're not a fighter, they won't respect you."

It has been doom and gloom at the Toffees after a disastrous transfer window left them weaker than last season with just 18 senior players.

But Maitland-Niles is remaining optimistic.

He added: "We've got the quality in our team to win games. We can do something this season."

Late pain fires Ben

BENJAMIN SESKO is using the 'pain' of Manchester United's last-gasp draw at Everton as motivation for their Champions League return.

Sesko thought he had headed the winner at the Hill Dickinson, only for Ainsley Maitland-Niles' late stunner to make it 2-2.

United host Azerbaijani champions Sabah in Europe on Thursday before Manchester City visit Old Trafford in the league three days later.

Striker Sesko, 22, said: "To concede with the last shot is just very painful.

"It's important to take everything that's positive, try to improve and try to win the next game."

Blues are 'hurting'

MAXENCE LACROIX says Sunday's 2-1 defeat by Arsenal left Chelsea's players 'hurting'.

Morgan Rogers volleyed the Blues into the lead after just 77 seconds at the Emirates before the Gunners hit back through Kai Havertz and skipper Martin Odegaard.

Defender Lacroix, 26, a £52million summer buy from Crystal Palace, said: "It was a good start but once they scored it got more and more difficult.

"The defeat hurts a little. We gave our best.

"We deserved more. Luck was not by our side but we have to accept it.

"We deserved 2-2 but we learned for next time."

UEFA referees' boss Roberto Rosetti accepts there have been far too many handball penalties awarded in recent seasons.

The talk is of alignment across Europe and "clear evidence for interventions, not marginal and microscopic reviews". See how long that lasts!

Martin Lipton

OUR COLUMNISTS ARE THE TALK OF SPORT

SPECIAL ONE AND ONLY!

Jose can be true Euro king

THERE are managers who crave recognition, attention, the spotlight.

And then there is Jose Mourinho.

A man who believes the football world – maybe even the whole globe – revolves around him.

But if the Portuguese is going to become the first boss to lift the Champions League with three different clubs, it is surely now.

Or, perhaps, continue the journey towards the obscurity which would leave even Mourinho, for all his ego, destitute.

His return to Real Madrid seems to have been scripted as the ultimate redemption story.

The self-styled Special One was hounded out of the Bernabeu 13 years ago, jettisoned as the victim of player power from a dressing room that refused to be told what to do.

Then this summer, recruited once more by Florentino Perez and hailed as the antidote to fix a different Madrid squad that spent last term bickering with the coaching staff and physically taking actual lumps out of each other on the training ground.

We all know the Mourinho story. A force of nature at Porto, Chelsea and Inter Milan – winning the Champions League with the Portuguese and Italian clubs – conquering unlikely peaks while fighting with every fibre of his body.

Yet equally, the fall-out at Madrid, the return to Chelsea that brought a third Premier League crown but internal war, including a fatal public spat with the team doctor and an ignominious exit.

And the short-lived spells at Manchester United, Tottenham, Roma, Fenerbahce and Benfica, a gradual fading of the light that once burned so bright.

It means this second Madrid incarnation is make or break. While regaining LaLiga supremacy is important to the club, triumphing in Europe is Mourinho's driving ambition.

The recent three-part Netflix documentary gives an insight into his soul.

Long-held suspicions that he considers himself the inheritor of the navigators, who discovered uncharted lands for colonisation, were confirmed.

But unlike Christopher Columbus, Vasco da Gama and Ferdinand Magellan, Mourinho wanted to dominate old worlds, not conquer new ones. As he admitted: "I wanted to make history – and nothing was going to stop me."

That has not changed. But neither has time stood still.

Mourinho, 63, is more than two decades older than he was when he ran down the touchline as Porto boss at Old Trafford in 2004, his grey coat flapping.

The chiselled features are no longer quite so sharp, even if the acid tongue remains. But going one beyond the two-club European title feats of old foes Pep Guardiola and Carlo Ancelotti, as well as reigning champion Luis Enrique, would cement Mourinho's status.

In his own words: "Greatness is to be in history."

Kicking off against former club Inter, in a match which could feature five English players, Mourinho knows all too well the expectations . . . and the opportunity.

While Arsenal have laid down their domestic marker already, the other four Prem clubs are all under new management, while Paris Saint-Germain have two last-gasp draws and a defeat from their opening three Ligue 1 games.

The big question, as ever with Jose, is how he copes when things do not go right.

Mourinho *(right)* joined Madrid first time round believing every player was a potential ally but left convinced each of them was the enemy.

The tall poppy theory became a self-fulfilling and damaging prophecy. So far, he has been on his best behaviour.

After the surprise 1-0 defeat at Betis on Friday, when a dreadful VAR call meant Kylian Mbappe was denied the chance to rectify his spot-kick miss, Mourinho avoided the blame game.

Yet the suspicion is that, if things go wrong, he will target one of his stars, Mbappe, Vinicius Jr – who will harbour doubts after Mourinho's defence of Benfica winger Gianluca Prestianni's abusive comments last term – or Jude Bellingham.

In the documentary, Mourinho insists: "I wanted to be loved."

He does. But he also loves to be hated.

The danger is that he finds it increasingly easier to attract the latter than the former.

This feels like the final chapter.

AGE CONCERN . . . Jose huffs and puffs yesterday as he toils with kit in training

DOUBLE DELIGHT

MANAGERS TO WIN WITH TWO CLUBS

Ernst Happel	1970	Feyenoord	1983	Hamburg	
Ottmar Hitzfeld	1997	B Dortmund	2001	B Munich	
Jose Mourinho	2004	Porto	2010	Inter Milan	
Jupp Heynckes	1998	Real Madrid	2013	B Munich	
Carlo Ancelotti	2003	AC Milan	2014	Real Madrid	
	2007		2022	2024	
Pep Guardiola	2009	2011 Barcelona	2023	Man City	
Luis Enrique	2015	Barcelona	2025	2026 PSG	

No time to hand in chips

JUST three weekends in and the folly of Prem chiefs refusing to use the World Cup-style connected ball has been exposed.

Spain's LaLiga, which also uses a Puma ball *(below)*, has introduced the chip technology this season but bosses decided it was not necessary here.

Cue the furore over Neco Williams' 'handball goal' against Tottenham.

The chip would have helped detect any contact with a 'non-goalscoring' part of Williams' body — his arm — allowing VAR Peter Bankes to make an informed decision, rather than taking a punt.

Bankes probably made the right call to disallow the goal — photo stills seem to show Forest's Williams accidentally handled.

But under the protocols, it's hard to figure out how he could see it sufficiently to overturn the on-field decision from the camera angles at his disposal.

Using the latest modern technology — good enough for the second-best domestic league in the world — would have shut down the controversy.

Purrfect for Mikel

MIKEL ARTETA was the cat that got the cream on Sunday night.

You couldn't blame him, either, for his purrs of contentment.

The Basque deployed his lexicon of positive adjectives at his team's outstanding performance.

Arsenal were "exceptional", "spectacular" and "beautiful", Ezri Konsa "phenomenal", Kai Havertz "amazing", Martin Odegaard "perfect".

Arteta *(above)* had two audiences. The one in the Emirates press conference room was secondary.

After Chelsea's pretensions were put into context, he wanted his words to reverberate around the Etihad — to get Enzo Maresca and his Manchester City team talking.

What a Fox up

A DECADE ago, Leicester were preparing for their first Champions League campaign as Prem winners.

And five years later, it was Napoli in the Europa League as FA Cup holders.

Today, Foxes fans are licking their wounds following the humiliating 4-0 League One home drubbing by Oxford.

Boss Russell Martin looks like a one-trick pony that hasn't actually got a trick, with the club's very future unclear and League Two football next term more than possible.

Never forget, nothing in football is permanent.

CHAMPS LGE

BRUGGE v A VILLA

5.45pm, TNT SPORTS talkSPORT

Buend of an era for Villa

BUT EMI LOOKING FORWARD

PAU-ER SHOWER . . . Torres plays with a sprinkler at training

EMI BUENDIA wants to help forge a new winning culture at Aston Villa after seeing so many familiar faces leave.

Buendia, 29, scored a stunner and was awarded man of the match as Unai Emery's men beat Freiburg 3-0 to become Europa League champions in Istanbul on May 20.

But the Argentine has had to wave goodbye to lots of team-mates from that triumphant side.

Compatriot and pal Emi Martinez, as well as Ollie Watkins, Morgan Rogers, Youri Tielemans and Ezri Konsa were among **TEN** departures this summer, with **11** new players arriving for Buendia to get to know.

Boss Emery has been clear that this rebuild could take time.

Villa make their return to the Champions League in Bruges tonight still looking for their first win of the season.

And Emery's new chapter was dealt a blow as it was confirmed

From **JACK ROSSER** in BRUGES

yesterday that former Bayern Munich star Leon Goretzka signed on a free for his experience on this stage, will be out until after the international break with a knee injury.

Buendia *(right)* said: "It is not easy. We shared many years together and had many experiences but in football things change constantly.

"Now we have new experiences with players like Goretzka, and young talents who have played for big teams.

"The future is clear – these players are in a great place to develop and improve. They are good players in the present and they can be huge players in the future for the club."

There were hopes fellow summer arrival Johan Manzambi would be able to make the trip after his own knee injury but the Switzerland midfielder remained in Birmingham.

That places more pressure on senior figures like playmaker Buendia to step up and lead the way.

He added: "Myself and others like the captains, John McGinn and Tyrone Mings, have been here when the manager and new staff came four years ago.

"Our job with the new players is to try to help them to settle as soon as possible to help the team.

"The structure is there. It doesn't matter how many players we change from one season to another.

"The structure is clear, the philosophy is clear and the style we want to play is clear.

"We have a great test in the European competition.

"The mentality has to be the same as it has been for all these years – to be a winner." Emery admitted that 73-cap German star Goretzka's absence was frustrating.

But Villa's boss backed Joao Gomes, sent off on his Premier League debut in the 4-0 defeat at Brighton, to make an impact.

He said: "Goretzka's issue of course is a little bit frustrating.

"But we have players to replace him with – like Ross Barkley, Joao Gomes, Lamare Bogarde and Boubacar Kamara."

In a message posted on Instagram, Goretzka, 31, said: "After my first few days at this club, the feeling that I'm where I'm meant to be has grown stronger with each passing day.

"Unfortunately, my body has reacted to the increased workload after my time away from the pitch.

"It's frustrating but I'll use the coming days, including the international break, to recover and be ready to fight for you and for Villa."

BALOGUN . . . cleared

Belgians refuse to play Bal

By ROB MATTHEWS

BELGIUM still want to know why banned USA star Folarin Balogun was cleared to play against them at the World Cup.

And their RBFA governing body oppose Gianni Infantino's re-election as Fifa president.

Although Belgium won the last-16 match 4-1, they are demanding clarity over the decision to allow Balogun to play — despite a red card in the USA's previous match.

US president Donald Trump admitted asking Infantino to overturn the striker's one-game ban.

An RBFA statement said: "Despite our explicit requests for a clear justification of the decisions taken and details on how such situations will be handled in future, we have yet to receive a satisfactory response.

"Complete transparency and clear explanations are essential."

An appeal to the Court of Arbitration for Sport is still a possibility.

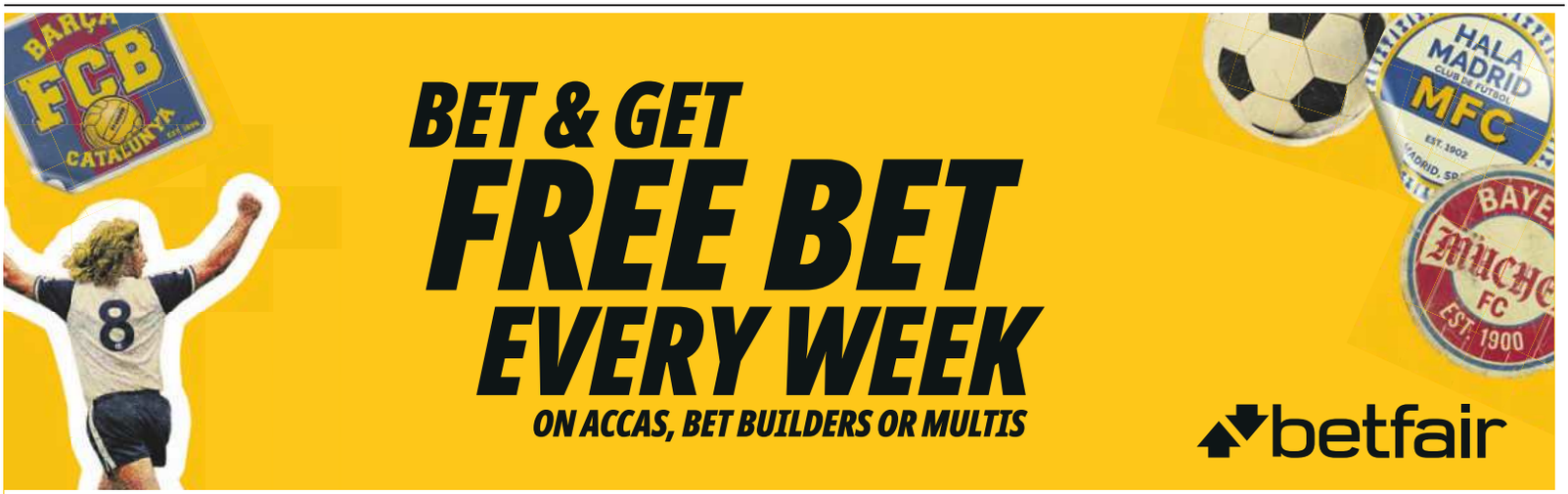
The RBFA also blasted Infantino's aborted plan to sell a stake in the World Cup to private investors.

With Infantino intending to seek re-election, Uefa hope to find a credible alternative candidate to stand against him.

Sport

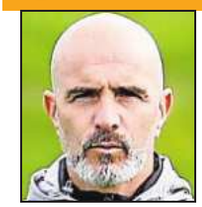
EUROPEAN football will honour the victims of the floods in Nepal. A minute of silence will be held before all 18 Champions League games this week and banners will say: "You are not alone, Nepal."

SHORT



CHAMPIONS LEAGUE

PORTO v



MARESCA . . . time off

HAAL

From Back Page

as well. I've never been in this situation before — I never played a World Cup so I don't know how it is.

"When I came back it was like, 'Wow, it's good to be home' but so much had happened and I hadn't digested it.

"I normally have a bit of pre-season but this time, just nothing.

"The physical side will come but you need to be sharp mentally as well and that's not easy.

"We need to have that eager feeling to go back but we don't because there is no time to properly stay away from football because there are so many games.

"I'm not complaining because it's still a positive thing that you get to play football throughout the whole year and live off it."

Haaland was allowed to miss City's pre-season Far East tour by new boss Enzo Maresca, so only returned to training in the middle of last month.

But he does not look to be suffering and his three goals in as many games have helped City start with a perfect record.

Speaking on his YouTube channel, Haaland added: "It would have been nice to have a few more weeks of holiday but it's good to be back in the routine."

Italian Maresca, 46, plans to keep a close eye on City's World Cup stars.

He said: "It's not easy for Erling or most of the players that play for club and the international team.

"They start to be tired, it's correct to give them some rest.

"The risk is there can be an injury and we need players 100 per cent."

Enzo in tune-up

From MARTIN BLACKBURN

ENZO MARESCA hopes his new Manchester City stars will soon be in tune with him — after introducing music to their warm-ups.

His squad had a training session at City Football Academy yesterday before flying to Porto for tonight's Champions League opener.

Dance music was played as stars were put through their paces.

Boss Maresca, who took over from Pep Guardiola this summer, revealed: "It's something I did at Leicester and Chelsea and I introduced it here.

"With music, the players are more happy and can work better."

And full-back Matheus Nunes said: "I like it — why not? It's all kinds of music because the guys all think they are DJs."

Erling's

A LEAGUE OF HIS OWN

HAALAND IN CHAMPIONS LEAGUE

	RB Salzburg	B Dortmund	Man City	Total
GAMES	6	13	39	58
GOALS	8	15	34	57

TOP UCL SCORERS

	GAMES	GOALS
Cristiano Ronaldo	187	141
Lionel Messi	163	129
Robert Lewandowski	144	109
Karim Benzema	152	90
Raul	144	71
Kylian Mbappe	98	70
Ruud van Nistelrooy	83	60
Andriy Shevchenko	116	59
ERLING HAALAND	**58**	**57**
Thomas Muller	165	57

BEST MINUTES PER GOAL IN CHAMPIONS LEAGUE

	GOALS	MINS/ GOALS
ERLING HAALAND	**57**	**80.9**
Mario Gomez	26	101.7
Roberto Soldado	16	102.4
Lionel Messi	129	105.3
Robert Lewandowski	109	108.4

(minimum 15 goals)

FLASHBACK

MAY 29 2021

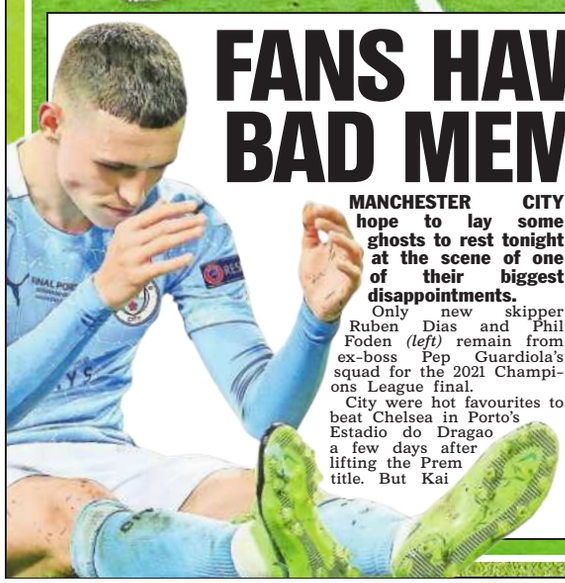
CHAMPIONS LEAGUE FINAL

Estadio do Dragao, Porto

MAN CITY ..... (0) 0

CHELSEA ..... (1) 1

Havertz 42



FANS HAV SOME BAD MEMORIES

MANCHESTER CITY hope to lay some ghosts to rest tonight at the scene of one of their biggest disappointments.

By MARTIN BLACKBURN

Only new skipper Ruben Dias and Phil Foden *(left)* remain from ex-boss Pep Guardiola's squad for the 2021 Champions League final.

City were hot favourites to beat Chelsea in Porto's Estadio do Dragao a few days after lifting the Prem title. But Kai Havertz struck the only goal in the first half.

Guardiola left Rodri and Fernandinho on the bench but his decision not to pick a holding midfielder backfired.

New boss Enzo Maresca coached City's Under-23s at the time and was not involved in the first team.

However, he hopes this is a better experience as his City side face an in-form Porto side in the Champions League opener.

Francesco Farioli's men have started the season with six wins out of six in domestic football.

OLD-STYLE WARM-UP . . . Haaland had to settle for the heat of training instead of a real fire yesterday as City prepared for their Champions League opener against Porto tonight

MAN CITY 8pm, prime video talkSPORT

on fire!

CHOPPING WOOD KEEPS RED-HOT STRIKER RELAXED

ERLING HAALAND is ready to set the Champions League on fire again.

And the Manchester City goal machine, 26, has revealed he loves nothing more than chopping logs during his time off.

Haaland reckons swinging his axe helps to clear his mind and relax, as well as keeping him red-hot several times over.

The Norwegian has been doing it for years — so just like scoring goals, then.

It was seven years ago this month the striker first announced himself on European club football's biggest stage.

On his Champions League debut, he bagged a first-half hat-trick for RB Salzburg against Genk and has barely stopped since.

He has 57 goals in 58 appearances in the competition and sits joint-ninth with Bayern Munich legend Thomas Muller in the all-time top-scorers list.

Haaland is just two behind Andriy Shevchenko, with Ruud van Nistelrooy a further goal ahead.

Lionel Messi is the fastest player to reach 60 Champions League goals.

But he needed 80 matches to reach that tally — meaning the Etihad idol has 21 games to find just three more goals.

So it is not just the wood at his home that goes up in flames, he is setting fire to the record books, too.

On his YouTube channel, Haaland spoke about how he likes to pass his free time in an outbuilding in the grounds of his Cheshire mansion.

From **MARTIN BLACKBURN** in PORTO

He told fans: "This is where the magic happens. This is where I chop the wood and burn it.

"It gives me peace in my mind, that's what I like about it. Chop wood, burn it and relax, alone.

"It's really good for me, it clears my mind. So this is what I'm doing when I'm home.

"Looking at fire is pure peace. It's one of my favourite things to look at. Nature is life.

"People will think I'm joking but this is actually what I'm doing. I've been doing it for as long as I can remember.

"We used to do it in my cabin back in Norway. They do it in the mountains there — cozy moments, burn some wood.

"I like to do it outside, inside but I prefer this camping vibe because it's peaceful and calm. That's why I love it."

And he revealed he got into chopping wood thanks to some words of wisdom from his dad, former Leeds and City star Alfie — who, ironically, also played for Nottingham Forest. Haaland said: "My father taught me this — that firewood makes you hot several times.

"First you need to chop the tree down, which makes you hot.

"Then you need to chop it up, makes you hot. Put them to dry, makes you hot.

"Go and get it and bring it inside, makes you hot. And then you burn it.

"Six times you're getting hot, from that one tree."

Spending time in his cabin is helping Haaland to process a "crazy" summer for him with Norway at the World Cup.

He scored seven times at his first international tournament and even helped to send Brazil home before his nation bowed out with a 2-1 extra-time defeat by England in the quarter-finals.

Pictures of Haaland and his team-mates doing their Viking 'rowing' celebration after victories became enduring images of the tournament.

He added: "Doing so well at the World Cup, the row. Just everything how it worked together, it's just crazy.

"It feels like we won the World Cup, in some way. The whole world was talking about the row, on holidays. Even now, meeting people in the street."

Haaland picked up several souvenirs over the summer, including a collection of shirts he swapped with opponents.

Among them are tops worn by England's Harry Kane, Nico O'Reilly, James Trafford and Jude Bellingham in the last-eight clash.

His old Borussia Dortmund team-mate Bellingham — who scored both goals to KO Norway — wrote on the shirt: "To Erling, you are one of a kind. I love you brother. Keep going!"

He also had shirts from his French City team-mate Rayan Cherki and Les Bleus icon Kylian Mbappe — along with Neymar's last-ever international shirt.

Haaland said: "I like to swap shirts because it brings good memories, it's nice history. Now I need to focus on City and look to the future."

That future starts with tonight's trip to Porto — followed by the Manchester derby at Old Trafford on Sunday.

City went out to old foes Real Madrid in the last 16 in March, leaving Haaland to watch the Champions League's latter stages on TV again.

It is now six months since he played in a competition he loves and he said: "It's going to be amazing. We have Porto and then a trip to the red side."

LOGGING OFF . . . Haaland's outhouse is lo-tech and basic

CHOP-CHOP . . . star swings his axe

BOOTIFUL . . . Kane with his European Golden Shoe award

Harry's 'silly' 73-goal haul

By TOM BARCLAY

EVEN Harry Kane is flabbergasted by his "very silly" haul of 73 GOALS last season.

The England captain's outrageous campaign for Bayern Munich and the Three Lions is the second highest in history.

His staggering tally is bettered only by the 82 netted by Lionel Messi for Barcelona and Argentina in the 2011-12 season.

Kane admitted his mind has been blown by his own achievement, which feels "surreal" given his 61 strikes for Bayern is 20 **MORE** than his best-ever campaign with old club Tottenham.

The 33-year-old said: "Seventy-three goals is a crazy number. If I was young and I was watching someone do that, I'd be like, 'Oh, my God'.

"I grew up watching Messi and Cristiano Ronaldo every night, dominating, dominating.

"Obviously, Messi is the only one to score more with 82. In some of the other seasons, Ronaldo's highest was 69 — these are numbers that I just thought were just very silly, which they are.

"They are the greatest of our generation for sure and arguably of all-time.

"Seventy-three goals, even for me — I'm pretty amazed by that."

Kane was ultra prolific at Spurs, becoming their record scorer with 280 goals in 435 appearances, including two campaigns where he netted 30 in the Premier League.

But his net-busting exploits reached another level at Bayern, whom he joined from Tottenham in 2023. He is now on 148 goals in 151 games there.

Speaking to ex-Bayern star Owen Hargreaves on TNT, Kane added: "It's hard to process how many goals I've scored this year.

"Even my 31 for Spurs [in 2014-15] and 28 goals were great seasons. But then to almost double that, it's pretty surreal.

"Sometimes, I'd watch Bayern Munich play or Real Madrid play or these other big teams play and be like, 'If I was there, I'd score 40 goals or 50 goals'.

"When the decision came to leave, that was a big part of it. It wasn't just to win trophies. It was to get the most out of my career. I knew I had levels I could reach.

"I knew if I had the right environment and the players around me, like I do now, that I would score goals that Messi and Ronaldo in that era used to score.

"So the fact I took that risk paid off and makes me extremely proud."

Kane has won back-to-back Bundesliga titles but the one he really wants is the Champions League.

Bayern lost to eventual winners Paris Saint-Germain 6-5 on aggregate in a thrilling semi last term.

The Germans kick off their new campaign at home to Norwegian side Bodo/Glimt on Thursday.

Kane added: "We're really close. It needs to be our year. We need to find a way to get it done."

● **The Breakdown: Harry Kane premieres on TNT Sports 2 from 5.15pm today and is available on-demand via HBO Max**

MORE THAN ABLE

FROM five goals on loan at Leyton Orient in 2010-11, Harry Kane has ended up as one of England's greatest marksmen — bagging 73 for club and country last season.

KANE'S GOALS BY SEASON

		GAMES
2010-11	5	18
2011-12	10	33
2012-13	2	21
2013-14	4	19
2014-15	32	53
2015-16	32	64
2016-17	38	41
2017-18	52	59
2018-19	27	49
2019-20	34	40
2020-21	39	65
2021-22	38	58
2022-23	41	64
2023-24	52	59
2024-25	48	60
2025-26	73	65
2026-27*	2 *still running	4

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Sun Sport

RAYA EURO VISION

DAVID RAYA says Arsenal's Prem title has given them more belief they can become Kings of Europe.

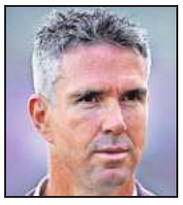
The Gunners lost on penalties to Paris Saint-Germain in the Champions League final last term — and start their road to Euro glory at Napoli tomorrow.

By SIMON COLLINGS

Keeper Raya said: "Winning

Turn to Page 47

CHAMPIONS LEAGUE IS BACK



PIETERSEN . . . honour

KP's in for England

By JOHN ETHERIDGE

KEVIN PIETERSEN is England's new white-ball mentor — 12 years after his acrimonious axing.

He has been brought in to help Harry Brook and Co win next year's 50-over World Cup being held in Southern Africa.

KP said: "Putting on the England uniform again for the first time since 2014 is a profound honour and a deeply special

Turn to P44

IT'S A LONG HAAL . . . City superstar Haaland is worried his World Cup heroics for Norway (below) and lack of rest will affect him this season

Porto v Man City
8pm, prime video
talkSPORT

NO BREAK WILL BREAK ME

Haaland's burnout fear after World Cup

From MARTIN BLACKBURN in Porto

ERLING HAALAND fears his incredible World Cup summer could lead to burnout at Manchester City.

The Etihad idol, 26, scored seven goals in Norway's unforgettable run to the quarter-finals, where they were KO'd by England.

Haaland then stepped straight back into action with City in the Community Shield without any kind of pre-season training.

And he is concerned about the effect the lack of a proper break could have on him during what promises to be another gruelling campaign.

Ahead of tonight's Champions League opener in Porto, Haaland said: "Sometimes we need a break

Turn to Page 50

Hearn: AJ fight ON

By JACK FIGG

EDDIE HEARN denied that Anthony Joshua has pulled out of his showdown with Tyson Fury.

The British ex-heavyweight world champions have signed contracts for a bout this year — but a dispute over the location is holding things up.

Fury, 38, lashed out on Instagram and claimed 36-year-old AJ had "s**t his pants" — leading the Gypsy King to call out Oleksandr Usyk.

But Joshua's long-time promoter Hearn told SunSport: "We have a signed, legally binding contract to fight Tyson Fury and

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Billy's Leger call-up

BILLY LOUGHNANE has been called up for the big ride on Enceladus in Saturday's St Leger.

The jockeys' championship leader has been snapped up by Joseph O'Brien to ride the rapidly improving colt, who is the 11-4 second favourite for the Classic.

The trainer was left with a headache when stable jockey Dylan Browne McMonagle picked up an injury in a fall at Bellewstown late last month. Enceladus has also been ridden by Ryan Moore this year, but with Ballydoyle's No.1 required in Ireland it means Loughnane (*left*), 20, will get the chance to crown a memorable year with yet another major success at Doncaster.

By TOM PEPPER

■ST LEGER: Betfred; 13-8 Christmas Day, 9-4 Enceladus, 11-4 Pierre Bonnard, 12 Hatteen, 14 Highwayman, 25 Amelia Earhart

WE'RE NO.1 FOR RACING!

DON'T miss your super 8-PAGE St Leger pullouts from Thursday as Doncaster kicks off! As always, we've got everything you need — colours, form, Templegate tips and columns from Matt Chapman. We're the home of racing!

Dr's orders for Oli

OPTIMISTIC Oliver Cole could hardly be more bullish ahead of Dr Rascal's Group 1 appointment at the Curragh.

The unbeaten colt (*below*) impressed in the Group 2 Vintage Stakes at Goodwood and heads the betting for Sunday's red-hot National Stakes.

He'll be taking on a serious prospect in the form of Aidan O'Brien's Giant Sequoia, but Cole reckons his star two-year-old and jockey Kaiya Fraser are up to the task. He said: "He'll

By JACK KEENE

ship over to Ireland on Friday and he is ready to roll.

"He has been in great nick since Goodwood, he did a superb piece of work with a Listed horse the other day and he's in great shape.

"Kaiya knows him well and the horse has earned a crack at a race like this. I think he is extremely talented and it's incredibly exciting."

THE Favourite

HOME OF RACING

Tuesday, September 8, 2026

STAR MAH . . . Maho Bay (*left*) wins at Windsor as Owen Burrows' (*below*) Raaheeb (*right*) toiled

DASH OF MAHO

Bay day for Charlie but Owen star flops

By JACK KEENE at Windsor

OWEN BURROWS was left dumbfounded as Raaheeb bombed out behind Maho Bay in the Winter Hill Stakes at Windsor.

The brother to superstars Baaeed and Hukum had been off the track since finishing fourth in the Irish Derby in June and was sent off the hot even-money favourite on his return to action.

There had been plenty of excitement around the colt at the start of the year, especially when he won easily first time out at Sandown, but the bubble has been burst after his lifeless fifth under Rossa Ryan.

Burrows was shocked by the performance and will now draw stumps with Raaheeb for the season.

He said: "It was very disappointing. He would ideally want softer ground but we aren't going to make any excuses for him.

"We'll get him back home and make sure he is all right, but that wasn't the sort of performance we know he is capable of and he wasn't really going early on.

"He'll have a break now, I highly doubt you'll see him out again this year."

The winner, meanwhile, was given a canny

Turn to Page 2

FIRST PAST THE POST FOR RACING

The biggest and the best pullout

. . . SEVEN DAYS A WEEK!

Favourite THE BIGGEST AND THE BEST COLOURS

LEICESTER

GOING: GOOD TO SOFT

1.12 BRITISH EBF RON BROOKS MOTOR GROUP FILLIES' NOVICE STAKES (Cl 3); 2-y-o; £6,804; 7f. (9 runners)

1 (7) 14 **FERRYSTREAM 25** J Chapple-Hyam 9-9 **Billy Loughnane 96**
2 (2) 7 **BLUE VIXEN 29** A King 9-2 **Charles Bishop 77**
3 (5) 98 **DIVINE CONCERTO 34** D Cunha 9-2 **Ray Dawson 73**
4 (3) **FROM AFAR** W Haggas 9-2 **Tom Marquand —**
5 (6) 9 **LADY NENAZ 20** T Ward 9-2 **Rob Hornby 71**
6 (4) **LA TORRE** R Beckett 9-2 **Rossa Ryan —**
7 (1) 2 **LIZZIE BENNET 28** K Ryan 9-2 **Tom Eaves ●99**
8 (9) 8 **SWELTERING 27** A Balding 9-2 **Jason Watson 82**
9 (8) 5 **ZIRCONIC 18** H Palmer 9-2 **Harry Davies 93**

BETTING: 13-8 Lizzie Bennet, 7-2 Ferrystream, 9-2 From Afar, 11-2 La Torre, 10 Sweltering, 14 Zirconic, Blue Vixen, 33 Lady Nenaz, 50 Divine Concerto
WHERE FAVOURITES FINISHED: 1 7 0 1 2
2025: Touleen 9-9 William Buick 9-4 (Owen Burrows) drawn 7, 8 ran.

1.42 BRITISH EBF 'CONFINED' EXPOTILE NOVICE STAKES (DIV 1) (3); 2-y-o; winner £6,804; 7f. (10 runners)

1 (5) 1 **IWASJUSTSAYING 24 (D)** C Johnston 9-9 **Jack Mitchell ●99**
2 (7) **ARABIAN BLUE** J Horton 9-2 **Daniel Muscutt —**
3 (3) 3 **ASTABUEN 18** E Walker 9-2 **Ashley Lewis (3) 97**
4 (9) **GILDED CALL** B Meehan 9-2 **Joe Leavy —**
5 (2) **INKJET** W Haggas 9-2 **Tom Marquand —**
6 (4) **METICULOUSLY** E Walker 9-2 **George Downing —**
7 (6) 95 **REVOKED 35** C Cox 9-2 **Rossa Ryan 89**
8 (1) 3 **TALAMON 21** G Boughey 9-2 **Billy Loughnane 98**
9 (10) 5 **UNITED AUTHORITY 47 (BF)** R Beckett 9-2 **James Doyle 97**
10 (8) **WAQQAD** A Balding 9-2 **Rob Hornby —**

BETTING: 10-3 Inkjet, 4 Iwasjustsaying, 5 Talamon, 11-2 Astabuen, 6 Waqqad, 15-2 Meticulously, 10 United Authority, 20 Arabian Blue
WHERE FAVOURITES FINISHED: 4 1 6 1 3
2025: Blue Courvoisier 9-2 Rossa Ryan 6-1 (C Cox) drawn 9, 11 ran.

2.17 BRITISH EBF 'CONFINED' EXPOTILE NOVICE STAKES (DIV 2) (3); 2-y-o; winner £6,804; 7f. (9 runners)

1 (2) 6 **CITES 13** R Beckett 9-2 **Rossa Ryan 85**
2 (3) 7 **JINMAN 47** R Varian 9-2 **Ray Dawson 79**
3 (8) 3 **MAGIC HARRY 23** T Clover 9-2 **David Egan ●99**
4 (7) **MUHANDES** G Boughey 9-2 **Billy Loughnane —**
5 (6) **OLDBULLYOUNGBULL** A King 9-2 **Charles Bishop —**
6 (1) 38 **PALACE LEGACY 11** J Tate 9-2 **Tom Marquand 90**
7 (9) **QUAI LOUIS** E Walker 9-2 **George Downing —**
8 (4) 0 **SOLAR MISSION 13** G Nicholls 9-2 **William Cox 73**
9 (5) **STERLING COOPER** A Balding 9-2 **Jason Watson —**

BETTING: 3 Magic Harry, 9-2 Palace Legacy, 11-2 Muhandes, 6 Sterling Cooper, 13-2 Quai Louis, 15-2 Oldbullyoungbull, 10 Cites, Jinman, 33 Solar Mission
WHERE FAVOURITES FINISHED and 2025: See Div 1.

2.52 MAPEI UK NURSERY (6); 2-y-o; value to the winner £3,140; 7f. (10 runners)

1 (2) 933 **HEMUSTBEANANGEL 22** R Teal 9-9 **Owen Lewis (5) 91**
2 (5) 537 **SON OF A FISH 15** R Hannon 9-9 **Joe Leavy 97**
3 (10) 866 **ARCTIC TSAR 27** C Cox 9-9 **Rossa Ryan 95**
4 (9) 9855 **BOSSY ANGEL 46** B Millman 9-7 **Darragh Keenan 93**
5 (7) 0045931 **FORTUNATE 35 (D)** E J-Houghton 9-7 **Oliver Carmichael (7) 98**
6 (1) 6982 **PERFECT HOPE 20 (P★)** T Ward 9-5 **Rob Hornby ●99**
7 (3) 744 **HONEYMOON BEAR 24** J Parr 9-4 **Jack Mitchell 94**
8 (4) 5752379 **HAMDANI MOKHATER 12** J Horton 9-3 **Daniel Muscutt 92**
9 (8) 463 **COUL BLUE 14 (P★)** M Dods 9-2 **Tom Eaves 97**
10 (6) 776 **KING OF PERSIA 53** T Easterby 9-1 **Joanna Mason 89**

BETTING: 5-2 Perfect Hope, 4 Fortunate, 6 Coul Blue, Honeymoon Bear, 8 Bossy Angel, 10 Hemustbeanangel, 14 Hamdani Mokhater, Son Of A Fish, Arctic Tsar
WHERE FAVOURITES FINISHED: 6 4 2 1
2025: Kuu 9-7 Hollie Doyle 6-4 Fav (A Watson) drawn 1, 8 ran.

3.27 DALE HALL AND HICKMAN ASSOCIATES HANDICAP (6); value to the winner £3,140; 5f. (11 runners)

1 (7) 0/3567- **EZRA CEE 278 (V★)** D Shaw 5-9-11 **Jack Dace (5) 84**
2 (4) 4-54134 **STANIEL CAY 22 (BF,D)** G Tuer 3-9-11 **Oliver Stammers 97**
3 (9) 470-666 **OUR PLANET 15 (B★;CD)** M Keady 4-9-9 **Darragh Keenan 89**
4 (1) 96-8413 **ACT OF VIOLENCE 24** A Carroll 5-9-9 **Silvestre De Sousa 98**
5 (3) 7536427 **KNICKS 45 (D)** M & D Easterby 5-9-9 **Joanna Mason 95**
6 (10) 2286404 **JOJO RABBIT 14 (D)** R Carr 8-9-8 **Tom Eaves 96**
7 (6) 44-5536 **BLACK MISSILE 27 (V★)** J Camacho 3-9-8 **Rossa Ryan 93**
8 (11) 04-3132 **TOPTIME 23 (D)** S Bowring 8-9-8 **Alistair Rawlinson ●99**
9 (5) -283769 **OVERBUDGET 32 (P★)** M Appleby 3-9-6 **Stevie Donohoe 87**
10 (8) 8-06961 **SERGEANT MAYER 36 (D)** N Tinkler 5-9-6 **Alex Jary (3) 98**
11 (2) 8945678 **JUST KING HIGH 22 (B;D)** R Burdon 4-8-7 **Sean D Bowen 84**

BETTING: 7-2 Sergeant Mayer, 4 Toptime, 9-2 Act Of Violence, 15-2 Staniel Cay, 8 Knicks, Jojo Rabbit, 10 Black Missile, 16 Just King High, Our Planet
WHERE FAVOURITES FINISHED: 1-5 2 1 5
2025: Over Spiced 3-9-7 Rossa Ryan 10-1 (G Harris) drawn 1, 8 ran.

EACH-WAY THIEF

HELLO COTAI (4.25 Goodwood) is proving consistent and won nicely at Epsom last time. Have an each-way double with ARRY UP (5.00 Goodwood) who likes this trip and was in winning form at Sandown two runs ago.

TEMPLEGATE

1.12..LIZZIE BENNET (nap)
1.42......... Iwasjustsaying
2.17....... Magic Harry (nb)
2.52.......... King Of Persia
3.27........Sergeant Mayer
4.02................ Brazen Idol
4.32....... Princess Rascal
5.07........ Ricardo Phillips

TOM PEPPER

1.12................Ferrystream
1.42....................Astabuen
2.17................ Magic Harry
2.52.............. Bossy Angel
3.27...................... Toptime
4.02.................Court Alert
4.32.......... Gaspacho (nb)
5.07................Stipulation

■TIC-TAC: Right-handed oval track 1m 5f with a 5f straight. There is a straight mile. ■DRAW: Low best on the straight course. ■LEADING TRAINERS (2021-2026): A Carroll 19-152, G Boughey 18-79, R Beckett 16-69, J & T Gosden 15-46. THIS SEASON: A Carroll 3, D Cunha 2. ■TOP JOCKEYS (2021-2026): Rossa Ryan 24-130, B Loughnane 18-111, D Muscutt 15-93, T Marquand 14-119. THIS SEASON: B Loughnane 8, R Hornby 5. ■LONGEST TRAVELLER: Bossy Angel (2.52) trained at Cullompton. Round trip of 362 miles. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON RACING TV

4.02 QUALITY FREIGHT SERVICES HANDICAP (5); value to the winner £3,664; 6f. (12 runners)

1 (4) 470-332 **HARRY'S HALO 8 (D)** K Frost 6-9-11 **Jack Mitchell ●99**
2 (9) 6143567 **MUMAYAZ 25 (CD)** A Carroll 7-9-10 **Rossa Ryan 82**
3 (7) 5-88397 **TRUST AMY 4 (D)** G Hanmer 3-9-9 **Grace McEntee 80**
4 (5) 2772850 **BRAZEN IDOL 12 (D)** J Ryan 7-9-9 **Sean D Bowen 89**
5 (11) 3471494 **YACHTSMAN 19 (D)** J Morland 3-9-8 **Jonny Peate 94**
6 (1) 5555415 **EYES FRONT 25 (B)** E Smyth-Osbourne 3-9-5 **Alistair Rawlinson 97**
7 (2) 0-84327 **COURT ALERT 26 (T★)** E J-Houghton 3-9-5 **Charles Bishop 93**
8 (12) 63-3375 **ARCTIC WIND 31** P Evans 3-9-4 **Rob Hornby 91**
9 (8) 6439723 **VALENTINE CATCHER 6 (BF,D)** T Easterby 5-9-4 **Jake Dickson (5) 98**
10 (6) 25-5288 **NEBBIA 11** H Morrison 3-9-0 **David Egan 87**
11 (3) 7704315 **TOMARLO 54 (D)** J Candlish 4-8-13 **Stevie Donohoe 94**
12 (10) 4621394 **TRUST SERGEI 22 (D)** G Hanmer 4-8-11 **Charlie Tucker (7) 92**

BETTING: 10-3 Harry's Halo, 4 Valentine Catcher, 13-2 Eyes Front, 7 Tomarlo
WHERE FAVOURITES FINISHED: 4 2
2025: Holbache 7-8-13 Tom Kiely-Marshall 8-1 (J Camacho) drawn 4, 10 ran.

4.32 BRITISH EBF W.B SIMPSON & SONS (MIDLANDS) FILLIES' HANDICAP (4); winner £7,851; 1m 2f. (9 runners)

1 (8) 614-450 **PRINCESS RASCAL 13 (P★;D)** O Cole 4-10-2 **Ray Dawson 83**
2 (1) 511- **GASPACHO 311** W Haggas 3-9-10 **Tom Marquand ●99**
3 (5) 9-31 **DOVE TALE 26 (H;D)** J & T Gosden 3-9-9 **Robert Havlin 98**
4 (3) 425213 **QUISANA 23** E J-Houghton 3-9-6 **Charles Bishop 97**
5 (2) 43-3514 **QUEEN'S COMPANION 45 (BF,D)** R Beckett 3-9-6 **Rossa Ryan 95**
6 (4) 931-215 **SPIRIT OF ATHENE 28 (D)** E Walker 3-9-5 **Ashley Lewis (3) 93**
7 (7) 46162 **LUCKY LUNA 7** R Hannon 3-9-3 **Joe Leavy 94**
8 (6) 815 **MOTHER DEAR 70 (BF,D)** H Morrison 3-9-3 **Rob Hornby 91**
9 (9) 7-16381 **ROMAN SECRET 28 (D)** L Mullaney 5-8-11 **Callum Hutchinson 96**

BETTING: 7-2 Dove Tale, 4 Gaspacho, 6 Lucky Luna, 7 Queen's Companion, 15-2 Quisana, Spirit Of Athene, 8 Roman Secret, Mother Dear, 25 Princess Rascal
WHERE FAVOURITES FINISHED: 2 1 2 3-4
2025: North Star 3-9-6 Billy Loughnane 13-2 (G Boughey) drawn 2, 6 ran.

Sunracing FORM

PRINCESS RASCAL (9-13) 14-1 hung left 1f out, no threat, 10th of 12 (btn 12l) to Abundant (9-5) (Newbury 1m hcap (4) £7,328 good to firm).
GASPACHO (9-0) 5-2 fav close up, led 1f out, forged well clear, bt Dunkeld Dreamer (9-7) 4l (6 ran) (Newmarket 1m 1f hcap (4) £6,442 good to soft).
DOVE TALE (9-2) 11-8 fav made all, always doing enough, bt Walking On Stars (9-2) ¾l (9 ran) (Lingfield 1¼m fll nov stks (3) £6,480 AW).
QUISANA (9-1) 11-2 raced in 3rd, pushed along 1f out, took 3rd final 110yds, kept on, 3rd of 5 (btn 4¾l) to Luna Celeste (9-5) (Pontefract 1m hcap (3) £12,562 good to firm).
QUEEN'S COMPANION (9-4) evens fav led after 3f, headed final furlong, dropped to last finish, last of 4 (btn 5l) to Sudbury Hill (9-5) (Salisbury 1¼m hcap (4) £5,888 good to firm).
SPIRIT OF ATHENE (8-13) 3-1 tracked leaders, not pace to challenge, 5th of 9 (btn 2l) to She Commands (9-10) (Lingfield 1¼m hcap (4) £10,468 AW).
LUCKY LUNA (9-7) 13-2 handy, never able to challenge winner, btn 2l by Booziebrunch (9-9) (6 ran) (W'hampton 1m 1f hcap (5) £3,978 AW).
MOTHER DEAR (9-4) 6-5 jt fav handy, ridden 2f out, weakened, 5th of 7 (btn 6l) to Egyptian Pharaoh (9-2) (Ffos Las 1¼m nov stks (4) £5,400 good).
ROMAN SECRET (9-9) 17-2 made all, pushed along 1f out, always doing enough, bt Shifra (9-1) 1l (12 ran) (Lingfield 1¼m hcap (6) £3,245 AW).

5.07 YOUR MOVE ESTATE AGENTS APPRENTICE HANDICAP (6); value to the winner £3,140; 1m 2f. (11 runners)

1 (5) -564453 **FORCA TIMAO 22 (H)** M Pattinson 6-9-9 **Alfie Redman (5) 92**
2 (10) 3386762 **STIPULATION 30 (D)** M Loughnane 5-9-9 **Hope Regan (7) 96**
3 (11) 4877641 **JEWEL MAKER 12 (D)** T Easterby 11-9-8 **Jake Dickson (3) 98**
4 (6) 193-321 **RICARDO PHILLIPS 30 (P★;CD)** H Candy 5-9-7 **Harry Vigors (3) ●99**
5 (4) -752226 **MERAPI 103** M Keady 4-9-7 **Kyle McHugh (5) 97**
6 (9) -098940 **CY TWOMBLY 13 (V)** J Mackie 4-9-5 **Finlay Bassett (7) 76**
7 (7) 8630-46 **LITTLE TIGER 28 (CD)** W Stone 6-9-3 **Laura Coughlan 83**
8 (1) 5222125 **KNIGHTMARE 10 (B)** P Evans 4-9-3 **Amy Tucker (7) 97**
9 (3) 75-0597 **WITHOUTFURTHERADO 9** Charalambous/Clutterbuck 4-9-1 **Liam Wright 80**
10 (2) 5762233 **CHARENCEY 18 (V;C)** I Williams 6-8-13 **Jack Callan 97**
11 (8) 6142366 **DINAH MYTE 11 (BF)** J Gallagher 4-8-11 **William Pyle 91**

BETTING: 2 Ricardo Phillips, 4 Jewel Maker, 6 Charencey, Stipulation, 8 Little Tiger
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

JUMPING ACTION AT BANGOR

GOING: GOOD

TEMPLEGATE

4.38................Disco Davis
5.12...............Captain Cool
5.42......... Ride Like A Girl
6.12....................Dream Jet
6.42... Uhtred Ragnarson
7.12.........................Hillview

TOM PEPPER

4.38............ Country Park
5.12.... Roadlesstravelled
5.42......... Hidden Fortune
6.12..................Lunar Orbit
6.42.......................Syosset
7.12..................Seahouses

■TIC-TAC: Left-handed sharp track of 1m 3f. There are nine fences per circuit and a run-in of 325 yards. ■LEADING TRAINERS (2021-2026): D McCain 69-377, O Greenall & J Guerriero 40-277, D Skelton 20-119, B Pauling 10-48. THIS SEASON: D Skelton 6, O Greenall & J Guerriero 4, J & A O'Neill 2. ■TOP JOCKEYS (2021-2026): B Hughes 41-193, T Wynne 21-113, H Skelton 17-68, T Gillard 15-130. THIS SEASON: H Skelton 6, T Wynne 3, Jonjo O'Neill Jr 2. ■JOB JOCKEY: H Cobden rides Person Of Interest (6.12) for F Bramley, 11 winners from 31 rides, 35%. ■LONGEST TRAVELLER: Scottish Dancer (7.12) trained at Hexham. Round trip of 390 miles. ■FIRST RUN SINCE WIND OP: Eremenko (6.42). ■LIVE ON SKY SPORTS RACING

4.38 HANDICAP CHASE (Class 4); winner £5,281; 2m 4f. (5 runners)

1 -413 **COUNTRY PARK 44 (CD)** J & A O'Neill 7-12-0 **J O'Neill Jr**
2 -732 **LERMOOS LEGEND 10** M Bowen 11-11-9. **Mr J Murray (7)**
3 -111 **JIAIR MADRIK 63 (H;D)** D McCain 7-11-6 **T Gillard**
4 3-42 **DUEL AU SOLEIL 51 (B★)** B Pauling 6-11-6 **B Jones**
5 -3P6 **DISCO DAVIS 69** S Davies 7-10-12 **J Best**
Jiair Madrik ●99, Country Park 97, Lermoos Legend 96.
5-6 Jiair Madrik, 3 Country Park, 5 Lermoos Legend, 10 Duel Au Soleil, 20 Disco Davis

5.12 NOVICE HANDICAP CHASE (3); winner £6,337; 2m 1f. (4 runners)

1 1PP/ **ROADLESSTRAVELLED F80** J & A O'Neill 7-11-10 **J O'Neill Jr**
2 2131 **CAPTAIN COOL 19 (D)** J Candlish 6-11-9 **Sean Quinlan**
3 2432 **KRAK 19** D Skelton 6-10-7 **H Skelton**
4 -P23 **ICE IN THE VEINS 70** S Davies 6-10-5 **J Best**
Captain Cool ●99, Krak 96, Roadlesstravelled 95.
5-6 Captain Cool, 10-3 Krak, 5 Roadlesstravelled, 6 Ice In The Veins

5.42 NOVICE HURDLE (4); winner £5,281; 2m 1f. (8 runners)

1 P-P1 **CADILLAC RANCH 11** L Morgan 6-11-7 **Miss E Callwood (7)**
2 -331 **PROVISION 48** F Brennan 4-11-5 **I Ryder (5)**
3 22-1 **HIDDEN FORTUNE 117** D Skelton 5-11-0 **H Skelton**
4 -70P **PRETTY DARN QUICK 87 (T★)** S Hollinshead 6-11-0 **T Worsley**
5 4-12 **RIDE LIKE A GIRL 63** J Snowden 5-11-0 **G Sheehan**
6 8- **SECRET BEACH F37** D McCain 5-11-0 **T Gillard**
7 8 **ROSE WARRIOR 63** J Candlish 4-10-12 **I Power**
8 60 **EVENLY 20** D McCain 5-10-7 **B Hughes**
Hidden Fortune ●99, Ride Like A Girl 97, Provision 91.
Evens Hidden Fortune, 3 Ride Like A Girl, 5 Provision, 13-2 Secret Beach, 10 Cadillac Ranch, 66 Rose Warrior, 100 Evenly

6.12 HANDICAP HURDLE (5); winner £4,225; 2m 4f. (8 runners)

1 32-4 **WHO'S GLEN 91 (P★)** D McCain 5-12-0 **B Hughes**
2 612P **PERSON OF INTEREST 11 (BF)** F Bramley 6-12-0 **H Cobden**
3 -310 **ROCK HURLEY 46 (B;CD)** D McCain 8-11-11 **H Brown (10)**
4 15-2 **LUNAR ORBIT 17 (H;BF)** D Skelton 4-11-10 **H Skelton**
5 8212 **ZAMOND 10 (D)** D McCain 10-11-9 **T Gillard**
6 3842 **DREAM JET 14** B Ellison 8-11-6 **N Moscrop**
7 52P4 **AUNTIE MAGGIE 46** A Ralph 7-10-13 **C Gethings**
8 7-8P **CAPPA LASS 4 (P★)** O Greenall & J Guerriero 5-10-6 **non-runner**
Lunar Orbit ●99, Dream Jet 98, Zamond 97.
2 Zamond, 4 Lunar Orbit, 5 Dream Jet, Auntie Maggie, 8 Rock Hurley, 10 Person Of Interest, 14 Who's Glen

6.42 SUNRACING HANDICAP HURDLE (4); winner £4,753; 2m 1f. (6 runners)

1 -123 **HELLO SWEETY 52 (BF)** S Edmunds 5-11-13 **C Hammond**
2 1P-4 **EREMENKO 72 (T★)** D McCain 5-11-12 **B Hughes**
3 -511 **ROARIN' SUCCESS 51** D McCain 6-11-10 **T Gillard**
4 -735 **UHTRED RAGNARSON 44 (BF)** A King 5-11-10 **T Cannon**
5 4121 **PLAYFUL FOX 17 (D)** D Skelton 4-11-9 **H Skelton**
6 3223 **SYOSSET 31 (H;BF)** J McConnell (Ire) 5-11-2 **A Harvey (3)**
Playful Fox ●99, Roarin' Success 98, Syosset 96.
9-4 Roarin' Success, 5-2 Playful Fox, 3 Syosset, 11-2 Hello Sweety

7.12 HANDICAP HURDLE (5); winner £4,753; 2m 7f. (8 runners)

1 -7P5 **HILLVIEW 51 (CD)** G Hanmer 10-12-0 **G Sheehan**
2 05-7 **PRESENT FAIR 50 (CD)** D McCain 9-11-12 **H Brown (10)**
3 22-P **CAMINO ROCIO 16** D Skelton 8-11-9 **H Skelton**
4 80-3 **SCOTTISH DANCER F83** T Reed 7-11-8 **H Reed**
5 633- **SEAHOUSES 142 (BF,D)** F Brennan 6-11-2 **I Ryder (5)**
6 -04P **YOU DID 11** B Ellison 6-11-1 **N Moscrop**
7 4063 **FINE PRINT 15** J McConnell (Ire) 5-10-13 **A Harvey (3)**
8 -432 **FANE COURT 54 (BF)** D Jeffreys 8-10-8 **K Woods**
Fane Court ●99, Fine Print 98, Seahouses 97.
13-8 Fane Court, 15-8 Fine Print, 6 Seahouses, 8 Scottish Dancer

MAHO DASH

From Page One

ride from the front by William Buick, and was two and a half lengths clear of Venetian Prince at the line in the Group 3.

Charlie Appleby wasn't at Windsor, but he said the 5-2 shot will now be aimed at the Jockey Club Derby Invitational Stakes at Belmont in the US in the autumn.

Buick said: "He's going to be a lovely horse for next year. I thought he did well there, I liked what he did.

"He showed plenty of polish. He's opened up plenty of options for himself."

GOODWOOD

GOING

1.30 CLEANSING SERVICE GROUP NOVICE STAKES (Class 3); value to the winner £10,468; 1m 2f. (3 runners)

1 (1) 1 **NAJIDI STORM 34** H Charlton 3-9-11 **Lewis Edmunds ●99**
2 (2) 8 **DREAM OF ALBION 20** A Perrett 3-9-4 **David Probert 72**
3 (3) 67 **WRECK IT RONNIE 20** C Pike 3-9-4 **Kieren Fox 78**

BETTING: 1-12 Najidi Storm, 10 Wreck It Ronnie, 20 Dream Of Albion
WHERE FAVOURITES FINISHED: 1 1-4 2 5 1
2025: Master Vintner 3-9-4 Rossa Ryan 10-11 Fav (R Beckett) drawn 4, 8 ran.

2.05 BRITISH EBF FUTURE STAYERS' MAIDEN STAKES (2); 2-y-o; value to the winner £15,462; 1m. (9 runners)

1 (6) 2 **AL JABBAR 18 (BF)** C Appleby 9-7 **non-runner 98**
2 (2) 3 **AL QAYED 24** W Haggas 9-7 **Cieren Fallon 97**
3 (3) 8 **LEAD THE SQUAD 47** G Scott 9-7 **Marco Ghiani 72**
4 (9) **MOMENTSOFSURRENDER** R Hughes 9-7 **Finley Marsh —**
5 (5) 2 **NOBLE TRAVELLER 26** R Hannon 9-7 **Ryan Moore 96**
6 (8) 2 **QUICKEN AWAY 25 (BF)** A Balding 9-7 **Oisin Murphy ●99**
7 (1) 3 **ROYAL ACCLAMATION 19** C Appleby 9-7 **William Buick 95**
8 (4) 30 **SPEYSIDE 18 (T★)** H Palmer 9-7 **David Probert 96**
9 (7) **SURREY BOLT** T Clover 9-7 **Saffie Osborne —**

BETTING: 2 Quicken Away, 9-4 Noble Traveller, 9-2 Royal Acclamation, 6 Al Qayed, 10 Speyside, 16 Momentsofsurrender, 33 Surrey Bolt, Lead The Squad
WHERE FAVOURITES FINISHED: 2 1 1 5 2
2025: Lopeo 9-7 Rossa Ryan 4-1 (D Menuisier) drawn 2, 3 ran.

2.40 EBF FILLIES' CONDITIONS STAKES (2) 2-Y-O; winner £20,616; 7f (6 runners)

1 1 **AL SAMSAMA 53**
(2) R Hughes 9-6 . . . . **Ryan Moore 96**
Runs: 1 Wins: 1 (F) £6,480
Promising Newbury debut winner, will appreciate extra furlong, fancied

2 317 **CHINA IN YOUR HAND 31 (D)**
(1) C Fellowes 9-6 . . . . **Paddy Bradley 92**
Runs: 3 Wins: 1 (F) Places: 1 £9,473
Won maiden at Newmarket, no show in Grp 3 company since, do better

3 412 **SORRENGAIL 25 (H★)**
(6) C Appleby 9-6 . . . . **William Buick ●99**
Runs: 3 Wins: 1 (F) Places: 1 £24,908
Won well at Ascot and not disgraced when second at Newbury, shortlist

4 51 **SPIRIT TANGO 62**
(4) R Beckett 9-6 . . . . **Oisin Murphy 97**
Runs: 2 Wins: 1 (A) £6,276
Convincing Kempton winner, remains open to improvement over 7f

5 515307 **THE CAN CAN QUEEN 17**
(3) C Johnston 9-6 . . . . . **Callum Shepherd 90**
Runs: 6 Wins: 1 (G) Places: 1 £12,109
Listed-placed filly, bags of experience but likely to find a few too good

6 632525 **GLOBAL SUCCESS 13 (B★)**
(5) J Moore 9-2. . . . . **Taylor Fisher 83**
Runs: 7 Places: 3 £8,645
Plenty to find on the figures, first-time blinkers tried but hard to fancy

BETTING: 10-11 Sorrengail, 3 Al Samsama, 10-3 Spirit Tango, 7 China In Your Hand, 12 The Can Can Queen, 25 Global Success
WHERE FAVS FINISHED and 2025: No corresponding race.

Sunracing FORM

AL SAMSAMA (9-2) 11-1 with leaders, kept on well and led final strides, bt Faith In Florence (9-2) ½l (11 ran) (Newbury 6f mdn (4) £6,480 good).
CHINA IN YOUR HAND (9-2) 11-1 led 2f out, headed 1f out, one pace, last of 7 (9l) to Sugar Yes Please (9-2) (Newmarket 7f Grp 3 (1) £42,532 good).
SORRENGAIL (9-6) 11-8 keen, held up, shaken up 1f out, went 2nd inside final furlong, kept on, btn ½l by Evenfall (9-6) (5 ran) (Newbury 6f 2yo fll stks (2) £21,600 good to firm).
SPIRIT TANGO (9-2) 2-1 fav raced in 3rd, headway to lead inside final furlong, ran on strongly, comfortably, bt Iris Olivia (9-2) 2¾l (9 ran) (Kempton 6f fll nov stks (4) £5,940 AW).
THE CAN CAN QUEEN (9-2) 20-1 led, headed 2f out, weakened, last of 7 (btn 7½l) to Nicely (9-2) (Chester 6f 2yo fll stks (2) £10,308 good to soft).
GLOBAL SUCCESS (9-1) 25-1 chased leaders, ridden 2f out, faded, 5th of 14 (2¾l) to Mobadir (9-6) (Newbury 7f hcap (5) £5,757 good to firm).

3.15 VIRGIN BET A GOOD BET HANDICAP (4) winner £7,668; 5f (7 runners)

1 461782 **JAX EDGE 28 (D)**
(2) C Mason 6-9-11. . . . . **Gina Mangan 97**
Runs: 39 Wins: 9 (2F,S,2A,GS,3G) Places: 8 £58,506
Solid second at Nottingham latest, strong claims from just 1lb higher

2 505243 **U S S CHARLESTON 17 (D)**
(3) L Souza 3-9-9 . . . . **Luke Morris 98**
Runs: 19 Wins: 2 (S,A) Places: 4 £34,468
Placed here before so this tricky track suits, any ground, respected

3 321134 **SPRING BLOOM 17 (D)**
(7) J Butler 9-9-7 . . . .**David Probert 96**
Runs: 66 Wins: 8 (5F,3G) Places: 23 £110,721
Thriving veteran who has been in excellent form this season, in the mix

4 526426 **NOGO'S DREAM 15 (D)**
(1) R Hughes 6-9-6 . . . . **Ryan Moore ●99**
Runs: 46 Wins: 4 (2F,2A) Places: 21 £90,219
Well treated on best form and Ryan Moore's an eye-catching booking

5 568946 **INDEPENDENT EXPERT 19**
(4) J & S Best 7-9-6 . . . .**Finley Marsh 90**
Runs: 58 Wins: 8 (2S,2A,2G) Places: 12 £110,139
Has fallen considerably in the weights, but recent efforts offer little hope

6 332352 **OVER SPICED 11 (D)**
(6) G Harris 4-9-0. . . . . **Oisin Murphy 95**
Runs: 38 Wins: 5 (2F,3G) Places: 11 £52,672
Consistent, hcapper has given him a bit of help, worth a market check

7 537853 **KISS AND RUN 11 (CD)**
(5) R Cook & J Bridger 5-8-13 .**Kieran O'Neill 93**
Runs: 39 Wins: 3 (S,F,G) Places: 11 £49,695
Course-and-distance winner, closely matched with Over Spiced on latest

BETTING: 7-2 Jax Edge, 4 Spring Bloom, 9-2 Over Spiced, U S S Charleston, 5 Nogo's Dream, Kiss And Run, 20 Independent Expert
WHERE FAVOURITES FINISHED: 1 3 1
2025: Another Baar 5-10-0, O McSweeney 15-8F (A Keatley), drw 2, 8 ran.

Sunracing FORM

JAX EDGE (9-4) 11-2 handy, headway final furlong, always held, btn ½l by Moulin Booj (9-8) (7 ran) (Nottingham 5f hcap (4) £5,154 good to firm).
U S S CHARLESTON (9-9) 2-1 held up, kept on inside final furlong, 3rd of 6 (3l) to Henrythenate (9-4) (Chester 5f hcap (4) £7,731 good to soft).
SPRING BLOOM (9-3) 7-1 tracked leaders, led final furlong, headed final 75ds, lost two places finish, 4th of 13 (btn 1l) to Pilu (9-12) (Newmarket 6f hcap (4) £6,442 good).
NOGO'S DREAM (9-9) 3-1 led, headed 1f out, soon weakened, last of 6 (btn 2¼l) to Em Four (9-9) (Brighton 5f hcap (5) £4,187 good to firm).
OVER SPICED (9-12) 9-2 midfield, kept on same pace final furlong, 5th of 7 (btn 3l) to Whizzy Dizzy (9-6)
INDEPENDENT EXPERT (9-10) 28-1 in rear, plenty to do 1f out, stayed on near finish, 6th (btn 4l) (7 ran) (Lingfield 5f hcap (5) £3,978 AW).
OVER SPICED (9-0) 16-1 held up, went 2nd towards finish, btn 3¼l by Velvet Goldmine (9-1) **KISS AND RUN** (9-2) 8-1 pressed leader final furlong, kept on, 3rd (btn 3½l) (9 ran) (Goodwood 5f hcap (4) £7,911 good to firm).

TEMPLEGATE

1.30...............Najidi Storm
2.05.......... Quicken Away
2.40.............. Al Samsama
3.15................Over Spiced
3.50....................... Bahadur
4.25............ Blue Wonder
5.00..........................Brosay

T

1.30
2.05
2.40
3.15
3.50
4.25
5.00

TEMPLEGATE'S TRIO: Lizzie Ben (double, both Leicester) with Taakl
TOM PEPPER'S DOUBLE: Manxm Gaspacho (Leicester).
SUNRATINGS' NAP: NOGO'S DREAM (
THE JUDGE: OLD IS GOLD (5.00 Good

■TIC-TAC: A tricky right-handed undulating switchbac straight 5f track. ■DRAW: Low best in sprints, thoug ■LEADING TRAINERS (2021-2026): A Balding 41-2 31-250, R Beckett 28-183. THIS SEASON: R Hannon 9 JOCKEYS (2021-2026): O Murphy 34-201, W Buick 30 19-107. THIS SEASON: C Fallon 7, R L Moore 5, O Mu The Can Can Queen (2.40) & Sax Appeal (3.50) trip Balding won the 2.05 in 2020 & 2023. C Appleby won RUN SINCE WIND OP: Lady Mcc (4.25). ■JACKPOT:

3.50 VIRGIN BET HANDICAP winner £12,885; 2m

1 1003-5 **MANXMAN 20**
(5) S & E Crisford 6-9-1
Runs: 20 Wins: 7 (F,S,A,2GS,2G
Likes this track and never finished out

2 53-134 **SYNERGISM 4**
(3) Sir M Prescott 4-9-1
Runs: 16 Wins: 5 (3A,2G)
Consistent sort, could benefit from firs

3 510579 **BAHADUR 38**
(4) S Woods 4-9-11. . . .
Runs: 14 Wins: 4 (3A,G)
Snug winner here in May, well treated

4 -44230 **FIREBLADE 2**
(2) D Cunha 5-9-7 . . . .
Runs: 20 Wins: 2 (2F)
Dropping back in the weights, no stam

5 365333 **SAX APPEAL**
(1) C Johnston 6-9-4. .
Runs: 46 Wins: 9 (8A,G)
Eight-time winner on the AW, only won

BETTING: 15-8 Manxman, 2 Synergis Fireblade, 14 Bahadur
WHERE FAVOURITES FINISHED: 1 1
2025: Novelista 3-8-3, H Doyle 13-8 Fav (

Sunracing F

MANXMAN (9-3) 25-1 midfield, steady headway 1f out, kept on same pace, not trouble leaders, 5th of 16 (btn 6¾l) to Small Fry (9-6) **FIREBLADE** (8-13) 28-1 slowly away, held up in rear, ridden and well behind over 3f out, never on terms, 14th (well btn) (York 2m hcap (2) £51,540 good).
FIREBLADE (9-4) 7-4 fav raced in 3rd, ridden 2f out, one pace final furlong, 3rd of 4 (btn 7¾l) to Kirchner (9-5) **SYNERGISM** (9-6) 9-4 raced in last,
effort (Asco **BAHAD** up an out, s to Ho 1¾m **SAX AP** clear weak btn) 2m h

4.25 VIRGIN BET SUPPORTS SAFE (5); value to the winner £5,5

1 (6) 1143349 **OASIS SUNRISE 11 (D)** G Harris 4-10-2
2 (8) 130-545 **SIR EDWARD LEAR 25 (D)** J Owen 5-
3 (3) 3613441 **HELLO COTAI 8 (D)** J Boyle 5-10-2(5ex
4 (9) 600-415 **BLUE WONDER 87 (BF,D)** H Morrison
5 (10) 78/111- **BOY GEORGE 441** D F Davis 9-9-11
6 (5) 25580-8 **LADY MCC 131** D Steele 4-9-11
7 (11) 86-8432 **DECALOGUE 5** J Osborne 3-9-9
8 (2) -137492 **PRODIGAL SON 18 (B)** H Main 4-9-9
9 (7) 538-675 **CONNIE MOON 29 (V)** D Coakley 4-9-8
10 (12) 25-0545 **PLATINUM PRINCE 11 (B;C,D)** G & J
11 (1) 6423810 **BENAVENTE 21** G Brown 8-9-5
12 (4) 45-6469 **BRAVE LEADER 12** T Ward 3-9-0

BETTING: 5-2 Hello Cotai, 5 Decalogue, 6 Blue Won
WHERE FAVOURITES FINISHED: 1
2025: Dancing Tiger 3-9-6 Marco Ghiani 4-1 Fav

5.00 VIRGIN BET DAILY PRICE BOO value to the winner £7,668;

1 (4) 8-02207 **MISTER BLUEBIRD 10 (CD)** H Main 8
2 (5) 51215 **MARENGO STORM 38 (D)** R Hughes
3 (8) 830-605 **OLD IS GOLD 20 (V)** A Balding 3-9-10
4 (3) 21-5533 **ATTICUM 41** R Cowell 3-9-10
5 (7) -110416 **ARRY UP 13 (BF,D)** B Millman 3-9-9
6 (9) 5606099 **BROSAY 27 (B;C,D)** C Pike 4-9-9
7 (1) 2035472 **AN OUTLAW'S GRACE 10 (D)** R Hann
8 (6) 21038-0 **BORN SLIPPY 41 (D)** R Spencer 3-9-4
9 (2) 16-9555 **EVIE ROSS 21 (V)** C Cox 3-8-13

BETTING: 9-4 Marengo Storm, 3 An Outlaw's Grac
WHERE FAVOURITES FINISHED: 2 1 0 1 3-5
2025: Far Above Dream 3-9-10 K Shoemark 6-1 (

LONG SHOT

KILMAC AIR (4.11 Ca on the clock and was off the winner at Ca she relishes some

S, FORM AND TIPS SEVEN DAYS A WEEK!

G: GOOD

TOM PEPPER

................Najidi Storm
5.. Royal Acclamation
0.............. Al Samsama
..............Spring Bloom
0....... MANXMAN (nap)
5............. Blue Wonder
0..................Old Is Gold

net and Magic Harry am (Catterick). nan (Goodwood) and

(3.15 Goodwood). wood).

ck track with two bends. There is a h a fast start is equally important. 294, W Haggas 34-167, R Hannon 9, W Haggas 7, A Balding 5. ■TOP 0-192, D Probert 19-177, R L Moore urphy 4. ■LONGEST TRAVELLER: p of 582 miles. ■TRAINERFAX: A the 2.05 in 2018 & 2022. ■FIRST 1-6. ■LIVE ON RACING TV

(2) value to the (5 runners)

0 (V;CD)
3. . . . . **William Buick ●99**
G) Places: 4 £124,230
of the first three, strongly fancied

46 (P★;D)
1. . . . . . **Luke Morris 97**
Places: 4 £63,955
t-time cheekpieces, one to watch

3 (CD)
. . . . . . **Cieren Fallon 95**
Places: 2 £42,937
if rediscovering spring form

20 (D)
. . . . .**Saffie Osborne 94**
Places: 9 £83,027
hina doubts, another for shortlist

65 (D)
. . **Callum Shepherd 92**
Places: 5 £120,700
once on turf, others appeal more

sm, 7-2 Sax Appeal, 13-2

2 1 1
(C Johnston), drw 3, 6 ran.

FORM

2f out, no extra 1f out, last (11l) ot 2m hcap (3) £15,462 good).

OUR (9-0) 50-1 midfield, shaken nd headway 2f out, hung right 1f soon no extra, 9th of 13 (btn 12l) opewell Rock (9-8) (Goodwood hcap (2) £61,848 good to firm).

PPEAL (9-9) 11-4 led, soon went r, headed over 3f out, soon ened, tailed off, 3rd of 5 (well to Boatswain (9-7) (Southwell cap (3) £7,966 AW).

GAMBLING HANDICAP 74; 1m 2f. (12 runners)

2.............................Cieren Fallon 90
10-2 .... George Wood 93
k)...........................Pat Cosgrave ●99
n 4-10-0.................. Oisin Murphy 97
..................................John Egan 98
...............................Paddy Bradley 81
.............................Saffie Osborne 96
...................................Luke Morris 95
8............................. George Bass 83
Moore 9-9-7 .... Toby Moore (7) 93
.... Finley Marsh 94
.... David Probert 87
der, 8 Prodigal Son, Boy George

(R Teal) drawn 9, 10 ran.

OSTS HANDICAP (4); 6f. (9 runners)

-9-13.......................Cieren Fallon 94
3-9-11..................Finley Marsh ●99
.... Oisin Murphy 98
.... Marco Ghiani 97
...............................Lewis Edmunds 92
.................................Nicola Currie 86
non 4-9-5.........Alec Voikhansky 97
.............................Saffie Osborne 83
.... David Probert 89
e, 4 Old Is Gold, 11-2 Atticum
5
James Owen) drawn 5, 6 ran.

atterick) has few miles s less than two lengths arlisle last time, plus e cut in the ground.

CATTERICK

	TEMPLEGATE	TOM PEPPER
1.53	Cheeky Chesca	Lady Titania
2.28	Queen Sana	Queen Sana
3.03	Giant	Giant
3.36	Pit Boss	Kings Merchant
4.11	Taaklam	Lanarra
4.46	Captain Cess	Electric Lightning
5.21	Our Absent Friends	Wen Moon
5.51	Zimmerman	Star Start

■TIC-TAC: Left-handed oval course of 1m 180yds, races over 5f start on a chute, which bears left to join the round course 3f from home. ■DRAW: Low have an advantage in races over 5f and 7f, high best over 6f. ■LEADING TRAINERS (2021-2026): T Easterby 53-459, K R Burke 18-75, R Carr 14-127, J & S Quinn 14-100. THIS SEASON: T Easterby 6, K R Burke 4, R Carr 4. ■TOP JOCKEYS (2021-2026): J Hart 35-225, D Allan 27-226, C Beasley 27-168, S B Kirrane 19-111. THIS SEASON: J Hart 7, D Allan 6, J Nicholls 5. ■LONGEST TRAVELLER: Queen Sana (2.28) trained at Marlborough. Round trip of 506 miles. ■GOING: Good (Good to soft in places). ■LIVE ON RACING TV

1.53 RACING TO SCHOOL NURSERY (Class 6); 2-y-o; value to the winner £4,187; 6f. (8 runners)

1	(2)	6765 **MORIARTY MOON 43 (V★)** M Bell 9-9	**Jason Hart 94**
2	(8)	8265 **MICK'S THE BOY 31 (V★)** M & D Easterby 9-8	**Billy Garritty 97**
3	(4)	644532 **AURA OF MELANIA 22 (T★)** R Fell 9-7	**Kevin Stott ●99**
4	(5)	25637 **SPECTACULAR DIVER 14** T Easterby 9-7	**Sean Kirrane 90**
5	(3)	2377933 **CHEEKY CHESCA 9 (B)** T Easterby 9-4	**David Allan 98**
6	(1)	775 **LADY TITANIA 17** K R Burke 9-0	**Jack Nicholls (3) 95**
7	(6)	06470 **JOHNS POWER 6** R Fell 8-12	**Oisin McSweeney 86**
8	(7)	737 **STEAMY WONDER 22 (B★)** D Cunha 8-12	**P J McDonald 83**

BETTING: 9-4 Aura Of Melania, 3 Cheeky Chesca, 6 Mick's The Boy, 7 Lady Titania, 8 Moriarty Moon, 10 Steamy Wonder, 12 Spectacular Diver, 16 Johns Power
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

2.28 RACING TV CLUB DAY RESTRICTED MAIDEN STAKES (5); value to the winner £4,320; 6f. (7 runners)

1	(3)	3372033 **APEX STAR 19** W Knight 3-9-5	**Jason Hart 98**
2	(4)	53 **PERSIAN GATE 8 (P★;BF)** A Watson 3-9-5	**Pierre Jamin ●99**
3	(5)	2284543 **STONEACRE JOE 38 (B★)** T Easterby 3-9-5	**David Allan 94**
4	(6)	76 **KHANIMAMBO 13** D & N Barron 3-9-3	**David Nolan 77**
5	(1)	43 **TRIPLE P 6** T Easterby 3-9-3	**Duran Fentiman 90**
6	(7)	46 **MISS VERONIKA 5** B Ellison 4-9-2	**Harry Russell 79**
7	(2)	2226247 **QUEEN SANA 19 (P★)** O Sangster 3-9-2	**Daniel Tudhope 97**

BETTING: 11-8 Persian Gate, 9-4 Apex Star, 11-4 Queen Sana, 10 Stoneacre Joe
WHERE FAVOURITES FINISHED: 1
2025: U Sure Do 3-9-7 Sean Kirrane 2-9 Fav (T Easterby) drawn 3, 4 ran.

3.03 FIFTH REGIMENT ROYAL ARTILLERY HANDICAP (DIV 1) (6); value to the winner £4,004; 6f. (10 runners)

1	(9)	4267728 **DAYTONA LADY 12 (D)** R Carr 6-10-0	**James Sullivan 90**
2	(7)	2423871 **GIANT 16 (D)** I Williams 6-9-13	**Clifford Lee ●99**
3	(3)	1033418 **MISS RAINBOW 22 (V;CD)** T Waggott 5-9-12	**Connor Beasley 96**
4	(2)	9047212 **METHGAL 9 (B;BF,D)** D Cunha 4-9-12	**P J McDonald 98**
5	(8)	2224269 **TAYGAR 17 (D)** M Dods 5-9-11	**Sean Kirrane 88**
6	(10)	1-86500 **OTTAWA 19 (D)** L Bailey 4-9-8	**Billy Garritty 74**
7	(6)	005006- **NEAPOLITAN 311 (V★;D)** A Brittain 5-9-4	**Cam Hardie 76**
8	(5)	4371763 **HARES BREDTH 20 (D)** T Easterby 3-9-4	**David Allan 95**
9	(4)	2215331 **BATTENBURG BELLE 13 (CD)** R Menzies 3-9-0	**Jason Hart 97**
10	(1)	-032340 WAIT FOR IT 19 L Bailey 4-8-10	non-runner 83

BETTING: 5-2 Giant, 7-2 Methgal, 11-2 Battenburg Belle, 7 Hares Bredth, 10 Taygar
WHERE FAVOURITES FINISHED: 2 1 2-3 4 1
2025: Dream Deal 6-9-5 Sean Kirrane 3-1 Fav (T Easterby) drawn 4, 8 ran.

3.36 FIFTH REGIMENT ROYAL ARTILLERY HANDICAP (DIV 2) (6); value to the winner £4,004; 6f. (10 runners)

1	(2)	4782145 **KINGS MERCHANT 38 (D)** P Kirby 5-9-13	**Kevin Stott 97**
2	(7)	0513730 **HI LORD 31 (C)** W Harrison 4-9-13	**Barry McHugh 94**
3	(8)	1227407 **DREAM DEAL 9 (B;CD)** T Easterby 7-9-12	**David Allan 86**
4	(4)	71409-8 **WINTER CROWN 247 (D)** L Bailey 6-9-12	**Jack Garritty 81**
5	(9)	1223313 **PIT BOSS 165 (D)** L Bailey 4-9-11	**Billy Garritty ●99**
6	(1)	0-30415 **IDEAL GUEST 48 (H;D)** H Bethell 7-9-9	**Ethan Tindall (5) 96**
7	(10)	-801696 **SOLAR COOPER 56 (D)** M Walford 3-9-9	**Oisin Orr 81**
8	(5)	4416365 **ONE OF OUR OWN 22 (CD)** R Menzies 6-9-8	**Clifford Lee 87**
9	(6)	8013385 **ELDEYAAR 44 (V;CD)** A Brittain 7-8-12	**Cam Hardie 95**
10	(3)	6995058 **AURORA'S DOUBLESIX 5 (H)** B Rothwell 4-8-10	**Shay Farmer (5) 77**

BETTING: 5-2 Pit Boss, 7-2 Kings Merchant, 13-2 Ideal Guest, Dream Deal, 7 Hi Lord
WHERE FAVOURITES FINISHED and 2025: See Div 1.

4.11 EVERY RACE LIVE ON RACING TV HANDICAP (6); 3-y-o; value to the winner £3,664; 7f. (12 runners)

1	(11)	-325761 **TAAKLAM 8** H Bethell 10-1(6ex)	**Tom Kiely-Marshall (5) ●99**
2	(9)	4455558 **LIGHT THE NIGHT UP 4 (P★)** K R Burke 9-9	**Sam James 93**
3	(6)	2-65677 **REAL JACK 32** M Dods 9-8	**Connor Beasley 86**
4	(7)	04364 **KILMAC AIR 20 (B★)** J & S Quinn 9-6	**Jason Hart 97**
5	(10)	239-650 **TERRITORIAL STAR 105 (T★)** R Menzies 9-6	**Ethan Tindall (5) 89**
6	(5)	2514452 **MAYNORA 64** C Lidster 9-6	**Clifford Lee 96**
7	(1)	5056838 **WILLOWINGHURN 5 (V;D)** D O'Meara 9-4	**Daniel Tudhope 91**
8	(2)	5794564 **SINGARDA 33** T Coyle & K Wood 9-3	**David Nolan 84**
9	(4)	3028758 **OASIS COVER 20** M Hammond 9-3	**Aiden Brookes 86**
10	(12)	1244302 **LOPE Y LINDA 8 (CD)** T Easterby 9-2	**David Allan 97**
11	(3)	-234351 **LANARRA 13 (CD)** R Smith 9-0	**James Sullivan 98**
12	(8)	2454786 **BELLING THE CAT 13 (B★)** T Coyle & K Wood 8-9	**Cam Hardie 83**

BETTING: 11-4 Taaklam, 5 Lope Y Linda, 11-2 Maynora, 7 Kilmac Air, 15-2 Lanarra
WHERE FAVOURITES FINISHED: 2 3 3
2025: Lima Sierra 9-2 Alex Jary 7-1 (N Tinkler) drawn 2, 11 ran.

4.46 DOWNLOAD THE RACEDAY READY APP HANDICAP (6); value to the winner £3,664; 7f. (11 runners)

1	(9)	06-2312 **CAPTAIN CESS 35 (BF,D)** D Carroll 4-9-9	**Zak Wheatley ●99**
2	(7)	-164050 **SHOWTIME MAHOMES 17 (D)** G Tuer 7-9-8	**Sam James 88**
3	(5)	0415767 **SAISONS D'OR 39 (CD)** J O'Keeffe 11-9-6	**Jack Garritty 91**
4	(8)	6140090 **SECRET ROAD 19 (D)** S & J Coward 8-9-6	**David Allan 79**
5	(2)	80-9046 **JENNI 47 (D)** T Coyle & K Wood 5-9-6	**David Nolan 85**
6	(1)	1137445 **FILEY BEACH 10 (CD)** R Carr 5-9-5	**James Sullivan 97**
7	(4)	48-0024 **ELECTRIC LIGHTNING 52** M Walford 5-9-5	**Warren Fentiman (3) 96**
8	(3)	1-00284 **MISS WILLOWS 13 (CD)** S Whitaker 7-9-5	**Connor Beasley 94**
9	(10)	9077059 **MAUI BREEZE 66** W Storey 4-9-2	**Jason Hart 83**
10	(6)	7-04530 **SHE'S A GOLDIGGER 74** M Walford 4-8-9	**Jack Nicholls (3) 91**
11	(11)	2954344 **MISTER SKY BLUE 13** G Tutty 4-8-9	**Rowan Scott 97**

BETTING: 9-4 Captain Cess, 5 Filey Beach, 6 Electric Lightning, 15-2 Mister Sky Blue
WHERE FAVOURITES FINISHED: 3 3-5 7
2025: Original Thinker 5-9-9 Joe Fanning 10-1 (H Bethell) drawn 1, 11 ran.

5.21 RMG PROUDLY SUPPORTS TEENAGE CANCER TRUST HANDICAP (5); winner £4,711; 5f. (10 runners)

1	(7)	7919153 **OUR ABSENT FRIENDS 8 (CD)** T Davidson 8-9-12	**Jason Hart ●99**
2	(6)	-311250 **MILITARY GIRL 9 (CD)** M Dods 4-9-10	**Connor Beasley 87**
3	(4)	3514144 **J STREET 32 (CD)** M & D Easterby 4-9-10	**Billy Garritty 96**
4	(10)	0251210 **I'M DAN DARE 60 (CD)** M Walford 3-9-10	**Jack Garritty 93**
5	(5)	7539944 **HANNEY GIRL 17 (D)** T Easterby 3-9-8	**David Allan 90**
6	(1)	651-033 **WEN MOON 97 (D)** B Haslam 6-9-8	**Aiden Brookes 97**
7	(8)	035-262 **VALOR SPIRIT 52** B Smart 3-9-6	**David Nolan 96**
8	(3)	1444294 **KELDEO 22 (CD)** O Pears 5-9-6	**Harry Russell 92**
9	(9)	368845- **PROTEST RALLY 396 (BF,D)** L Bailey 6-9-5	**Daniel Tudhope 87**
10	(2)	7477610 WITHOUT FLAW 12 (CD) T Jackson 5-8-8	non-runner 94

BETTING: 3 Our Absent Friends, 4 Wen Moon, 5 J Street, 8 Valor Spirit, Hanney Girl,
WHERE FAVOURITES FINISHED: 1 2-8 6
2025: Equity Law 4-9-12 Sean Kirrane 11-2 (T Easterby) drawn 3, 13 ran.

5.51 RACING AGAIN SEPTEMBER 30 AMATEUR JOCKEYS' HANDICAP (6); winner £3,800; 1m 6f. (9 runners)

1	(5)	-623611 **ZIMMERMAN 4 (CD)** T Easterby 7-11-3(4ex)	**Mr T Easterby (3) ●99**
2	(9)	405086 **PEDRO THE POET 12** N Richards 5-11-2	**Mr H James (7) 85**
3	(7)	-902044 **GOOD ONYA MATE 12** M Bell 4-11-2	**Mr H Callan 92**
4	(6)	0457-14 CHAMBERS 39 (BF,D) F Bramley 4-11-2	non-runner 96
5	(1)	5321221 **STAR START 5** R Carr 6-11-0(5ex)	**Miss C Parker (3) 98**
6	(2)	2-32663 **SARATOGA GOLD 31 (D)** K Frost 8-10-13	**Miss L Frost (5) 94**
7	(4)	0731064 **NANNY PARK 12 (P★)** S Ender 4-10-12	**Mr A Blakemore (3) 90**
8	(3)	1-07557 **COUGAR 8** M Chapman 7-10-10	**Miss S Watson (7) 85**
9	(8)	3236432 **FLEUR DE MER 19 (V)** M Todhunter 6-10-10	**Mr E Cagney 95**

BETTING: 2 Zimmerman, 3 Star Start, 5 Fleur De Mer, 7 Good Onya Mate
WHERE FAVOURITES FINISHED: 2
2025: Hiccups 5-9-11 Mr E Cagney 4-1 (J Berry) drawn 1, 7 ran.

RACING RESULTS

NEWTON ABBOT

2.00: 1 MOMENT OF LIGHT H Skelton (2-5 fav); **2 Timely Salute** (7-2); **3 Jerseygeordie** (22-1). 7 ran. 1½l; 1¾l. D Skelton. T: £1.40; £1.10, £1.40. Ex: £2.50. Trifecta: £12.60. CF: £2.13.

2.30: 1 EXPLODE H Cobden (5-6 fav); **2 Crystal Mariner** (10-3); **3 John Galt** (10-1). 6 ran. ¾l; 3½l. Faye Bramley. T: £1.84; £1.10, £1.70. Ex: £4.20. Trifecta: £17.40. CF: £4.06.

3.00: 1 JUGGERNAUT C Bament (10-3); **2 Miss Denver** (11-4); **3 Saint Polo** (7-4 fav). 5 ran. 7½l; 9l. A Honeyball. T: £4.60; £2, £1.50. Ex: £16.20. Trifecta: £29.60. CF: £13.18.

3.30: 1 FAIRLAWN SKIPPER S Fenelon (5-1); **2 My Girl Katie** (2-1 fav); **3 Jager Time** (7-2). 7 ran. 4¼l; 4l. M Bowen. T: £6; £3, £1.80. Ex: £20.50. Trifecta: £67.70. CF: £15.91.

4.00: 1 EDELAK H Skelton (11-10 fav); **2 Ellerton** (15-8); **3 Arctic Voyage** (7-2). 4 ran. 7l; shd. D Skelton. T: £2.10; Ex: £3. Trifecta: £5. CF: £3.67.

4.30: 1 MR MCWHINNY F Lambert (5-4 fav); **2 My Cullen** (7-1); **3 Jetty May** (5-1). 5 ran. 7l; 3½l. T Ellis. T: £2.25; £1.30, £2.50. Ex: £8.40. Trifecta: £26.50. CF: £9.50.

5.02: 1 OCEAN HEIGHTS J Tudor (5-1); **2 Mother Ship** (15-2); **3 Ghost Jury** (11-4 fav). 8 ran. 4l; 1l. D Pipe. T: £6.80; £2, £2.10, £1.40. Ex: £55.40. Tricast: £123.05. Trifecta: £318.50. CF: £41.64.

PLACEPOT: £25.80
QUADPOT: £18

PERTH

2.20: 1 FOLLOW YOUR LUCK B Hughes (4-6 fav); **2 Dunkerque** (6-5); 2 ran. nk. P Neville. T: £1.67;

2.50: 1 COSMOS D'AINAY S Bowen (8-15 fav); **2 Puppet Master** (2-1); **3 Luna Grace** (10-1). 4 ran. 2¾l; 1l. G Elliott (IRE) . T: £1.54; Ex: £1.90. Trifecta: £2.10. CF: £2. NR: Datstheholyallofit.

3.20: 1 INAPPROPRIATE Sean Quinlan (15-2); **2 Castleheath** (7-4 fav); **3 Pure Gold** (5-1). 8 ran. 2½l; 2¼l. Ewan Whillans. T: £8.50; £2.40, £1.30, £1.70. Ex: £27.30. Tricast: £74.05. Trifecta: £116.60. CF: £22.22.

3.50: 1 SIR CARNEGIE B Hughes (2-1); **2 Regal Renaissance** (5-4 fav); **3 No Regrets** (4-1). 4 ran. 5l; 6½l. M Bowen. T: £3; Ex: £4. Trifecta: £7.50. CF: £5.11. NR: Inis Oirr.

4.20: 1 ANNIE AGNEW Mr D McGill (11-4); **2 Tigress Lilly** (18-1); **3 Follow Charlie** (3-1). 10 ran (Lowlands 9-4 fav). 1¼l; 2¾l. Gerald Quinn (IRE) . T: £3.75; £1.50, £4.50, £1.30. Ex: £62.50. Tricast: £163.66. Trifecta: £224.30. CF: £49.48.

4.50: 1 DOWN AROUND S Bowen (7-4 fav); **2 Sauce Of Life** (10-1); **3 C'mon So** (4-1). 8 ran. 1¾l; 14l. G Elliott (IRE) . T: £2.75; £1.20, £3.10, £1.80. Ex: £25.80. Tricast: £64.15. Trifecta: £83.50. CF: £20.33.

JACKPOT: £1,543.20
PLACEPOT: £30.20
QUADPOT: £12.10

WINDSOR

2.12: 1 REBEL PATH Olivia Haines (4-1); **2 Rory's Royale** (50-1); **3 Monsieur Patat** (15-2). 13 ran (Distant Rumble 7-2 fav). shd; 1¾l. S C Williams. T: £6.40; £2.30, £16.80, £3. Ex: £294.40. Tricast: £1545.78. Trifecta: £3433.80. CF: £211.95. NR: Good Earth, Lahina Bay.

2.42: 1 POLYXENA M Ghiani (8-1); **2 Romotoso** (6-4 fav); **3 Plastic Dream** (12-1). 14 ran. ½l; 3½l. S C Williams. T: £11.30; £3.20, £1.20, £4.20. Ex: £34.20. Trifecta: £435.30. CF: £21.27. NR: Nonrem.

3.12: 1 WOPBOPALOOMOP S Osborne (8-1); **2 Devon Angel** (9-2 jtfav); **3 Past Passion** (5-1). 14 ran (Tallahassee Lassie 9-2 jtfav). 1½l; ¾l. R Spencer. T: £10.40; £3.10, £2.20, £2. Ex: £80.10. Tricast: £214.26. Trifecta: £284.30. CF: £46.36. NR: Dream On Kent.

3.42: 1 LUZON HEIGHTS M Ghiani (3-1); **2 Get Outta Here** (6-1); **3 Ascending Star** (2-1 fav). 9 ran. nk; ¾l. W Knight. T: £4.90; £1.70, £1.60, £1.10. Ex: £25.50. Tricast: £44.68. Trifecta: £99.60. CF: £21.92.

4.15: 1 MAHO BAY W Buick (5-2); **2 Venetian Prince** (66-1); **3 Harmonics** (12-1). 7 ran (Raaheeb evens fav). 2½l; ¾l. C Appleby. T: £3.50; £1.50, £6. Ex: £81.40. Trifecta: £635.40. CF: £110.96.

4.45: 1 WITHOUT PREJUDICE W Buick (1-4 fav); **2 Aura Champagne** (11-1); **3 Sister Cecilia** (40-1). 7 ran. 3¼l; 2½l. J & T Gosden. T: £1.25; £1.02, £3.60. Ex: £3.80. Trifecta: £21.30. CF: £4.71. NR: Astrid.

5.15: 1 ROMAN SPRING K O'Neill (5-1); **2 Dreambird Dolly** (14-1); **3 Bated Breeze** (10-3 jtfav). 11 ran (Cabeza De Llave 10-3 jtfav). ¾l; nk. R Cook & J Bridger. T: £6; £2.10, £2.90, £1.80. Ex: £25.40. Tricast: £274.24. Trifecta: £325.30. CF: £69.94. NR: Call Time.

PLACEPOT: £64.30
QUADPOT: £10.90

WOLVERHAMPTON

4.57: 1 ROXA LOVE R Scott (4-5 fav); **2 Rhodes Runner** (3-1); **3 Kerry Grey** (7-2). 7 ran. ¾l; hd. G Boughey. T: £1.80; £1.10, £1.50. Ex: £3.20. Trifecta: £7.30. CF: £3.37.

5.30: 1 LAURALYNN Z Wheatley (5-1); **2 Chianti** (11-2); **3 Cavan Lady** (8-1). 11 ran (Calef 7-2 fav). shd; ½l. D Carroll. T: £6; £1.80, £2.40, £2.50. Ex: £22.80. Tricast: £189.50. Trifecta: £97.90. CF: £34.41.

6.00: 1 PON PON DALIA B Loughnane (2-11 fav); **2 Anna Belardo** (16-1); **3 West To Rest** (25-1). 6 ran. 1¼l; ½l. M Botti. T: £1.18; £1.02, £3.30. Ex: £2.40. Trifecta: £8.60. CF: £2.51. NR: Langdale Lass. Langdale Lass| Rule 4 applies to All Bets, deduct 10p in the £.

6.30: 1 LEVEL LOOK C Hutchinson (11-10 fav); **2 Last Verse** (7-2); **3 Robusto** (11-2). 4 ran. 7½l; 3¼l. A Balding. T: £2.10; Ex: £4.70. Trifecta: £9.90. CF: £5.16.

7.00: 1 YAZOO G Wood (3-1); **2 Crown The Future** (10-1); **3 Ernie Mccrew** (11-2). 12 ran (Miss Mambo 5-2 fav). 2l; 2½l. R Spencer. T: £4; £1.30, £3.70, £2.20. Ex: £41.70. Tricast: £169.52. Trifecta: £143. CF: £34.89. NR: Ten Sixty Six.

7.30: 1 THE ANTHONY GOVER B Loughnane (10-3); **2 Midnight Media** (8-11 fav); **3 Beryl's Girl** (33-1). 11 ran. 1l; 1¼l. Dr R Newland. T: £4.34; £1.50, £1.10, £8.10. Ex: £7.50. Tricast: £72.94. Trifecta: £86.30. CF: £6.32. NR: Evening Fades, Snaafy.

8.00: 1 SONG N DANCE C Fallon (7-2 jtfav); **2 Londoner** (8-1); **3 First Ambition** (9-1). 12 ran (Dixieland Blues 7-2 jtfav). nk; 2l. S Woods. T: £4.50; £1.80, £2.90, £3.40. Ex: £30.60. Tricast: £247.71. Trifecta: £357.70. CF: £34.21. NR: Patricia R.

8.30: 1 TOO DARN GOOD N Currie (12-1); **2 Midnight Call** (7-1); **3 Enter Sandman** (22-1). 9 ran (Blue Force 15-8 fav). 2l; hd. H Candy. T: £13.60; £3.50, £2.30, £3.90. Ex: £87.30. Tricast: £1850.74. Trifecta: £1339.70. CF: £95.36. NR: Fiorella Princess, Style King.

PLACEPOT: £10.70
QUADPOT: £5

GALWAY

4.07: 1 FIREBRAND Alan O'Sullivan (10-3); **2 En Or** (7-4 fav); **3 Wonderful Everyday** (5-2); **4 Its Time For A Run** (9-4). 20 ran. 4¼l; ½l; 18l. J Nallen. T: €6.50; €1.40, €1.10, €1.30. Ex: €18.30. Trifecta: €77.90. CF: €11.10. NR: Minella Maverick, Misty Valentine, Stary Notions.

4.38: 1 INTHENICKOFTIME S D Torrens (9-2); **2 Mart Lane** (3-1); **3 Euro Maker** (6-1); **4 Colin's Friend** (11-4 fav). 20 ran. ½l; ns; 2½l. E Bolger. T: €6.30; €1.30, €1.60, €2.20, €1.20. Ex: €27.90. Tricast: €94.99. Trifecta: €165.80. CF: €21.58. NR: Black Bamboo, Cinnabar Moth, Speakasyoufind.

5.09: 1 PAUL'S DREAM Alan O'Sullivan (9-2); **2 Grann's Boy** (4-1); **3 Buddy One** (7-1). 8 ran (Blood Destiny 11-8 fav). 6l; ¾l. A Mullins. T: €5.50; €1.50, €1.20, €1.90. Ex: €20.20. Trifecta: €79. CF: €23.98.

5.41: 1 MOONSHINE GIRL Miss J Townend (9-1); **2 Ladiam** (16-1); **3 Joshua Chamberlain** (9-1); **4 Gypsy Poet** (14-1). 19 ran (Princess Felicia 4-1 fav). 12l; 2¼l; nk. P Gilligan. T: €10; €2.40, €4.20, €2.50, €4.20. Ex: €208.60. Tricast: €1387.35. Trifecta: €250.30. CF: €154.33. NR: Kilkee Bay, Lucky This Time, Ranger Billy, Trackman Tommy.

6.11: 1 GRACE FARADAY James Smith (18-1); **2 Midleton Rare** (40-1); **3 Strong Contender** (11-2); **4 Gortmore Lady** (7-1). 19 ran (Poetic Focus 7-2 fav). 4½l; 8l; 7l. A McCann. T: €22.60; €3.90, €10, €1.70, €2.10. Ex: €1194. Tricast: €4488.92. Trifecta: Not won. CF: €643.45. NR: Il Silenzio, Max Time, Simpletwistoffaith, Three By Two.

6.41: 1 OCASTLE DES MOTTES P Townend (7-4); **2 Mongibello** (12-1); **3 Polepatrick** (33-1). 6 ran (Ndaawi 10-11 fav). 2¾l; 5½l. W P Mullins. T: €2.75; €1.20, €2.70. Ex: €15.20. Trifecta: €181.30. CF: €20.94. NR: Captain Ryan Matt, Feet On The Ground.

7.11: 1 BRANDT Carl Millar (25-1); **2 Justatan** (11-4 fav); **3 Smallcraftwarning** (3-1). 11 ran. nk; 19l. C Collins. T: €28.80; €6.60, €1.50, €1.40. Ex: €97.50. Tricast: €285.39. Trifecta: €736.70. CF: €102.46.

7.41: 1 BRICKFIELD BELLE Mr J L Gleeson (evens fav); **2 Baymount** (15-2); **3 Mozart's Song** (250-1); **4 An Lachin Beag** (9-1). 18 ran. 15l; 1¼l; 2¾l. H De Bromhead. T: €2; €1.10, €2.60, €32.40. Ex: €10.80. Trifecta: €846.40. CF: €10.17.

PLACEPOT: €110.40

TEMPLEGATE

RACING'S NO1 TIPSTER STEVE MULLEN

LIZ can do the biz for us at Leicester this afternoon.

LIZZIE BENNET (1.12, nap) caught the eye with a promising debut second at Carlisle last month. She missed the break but was soon travelling along sweetly and got up the hill strongly enough. The winner and third have both struck since so the form looks solid enough. Tom Eaves didn't ask too many questions last time and so there should be a lot more to come with that good start under her belt.

MAGIC HARRY can conjure up a win (2.17 Leicester, nb).

He's another who showed lots on debut when a decent third at Pontefract 23 days ago. He went well enough but looked in need of further in the closing stages. Tom Clover steps him up a furlong here, which should help, and he doesn't need a lot more.

Big Benn can strike

TAAKLAM (4.11 Catterick, treble) landed a deserved first win at Southwell last time and looks capable of following up. He hit the front a fair way out and kept up the gallop. A 6lb penalty shouldn't be a problem with his yard in good form.

★ TEMPLEGATE NAP
LIZZIE BENNET
1.12 Leicester
Good second at Carlisle and can take a step forward and win this.

★ TEMPLEGATE NB
MAGIC HARRY
2.17 Leicester
Not beaten far on debut last time and step up in trip looks a wise move.

★ TEMPLEGATE TREBLE
TAAKLAM
4.11 Catterick
Right back to form with a good win last time and has every chance again.

Favourite WE'RE ALL YOU NEED, ALL THE TIME

GALWAY WITH SUNFORM

GOING: SOFT

EAMONN HAMES	TOM PEPPER
3.43.....City Of Gold	3.43.....Leadlight
4.18.....Never Loose	4.18.....Eddie G
4.53.Down The Glen (nb)	4.53.....Suir Monad
5.30.....Lunar Empress	5.30.....Green Nature
6.00.....LOINGSEOIR (nap)	6.00.....Merisi Diamond
6.30.....Chasing Paradise	6.30.....Beset
7.00.....Belle Nuit	7.00.....Sylkie
7.30.....Porters Corner	7.30.....Zadawa

■TIC-TAC: Right-handed almost rectangular track of 10f, with a sharp descent to the turn and an uphill finish of 2f. ■DRAW: Low best. ■LEADING TRAINERS (2021-2026): J P O'Brien 23-192, A P O'Brien 19-85, J Harrington 14-123, D K Weld 12-70. THIS SEASON: J P O'Brien 3, N Meade 2, J P Murtagh 2. ■TOP JOCKEYS (2021-2026): S Foley 17-123, C T Keane 16-119, W J Lee 16-109, C D Hayes 15-140. THIS SEASON: W J Lee 7, B M Coen 2, J M Sheridan 2. ■LONGEST TRAVELLER: Storm Petrel (7.30) trained at Cork. Round trip of 246 miles. ■JACKPOT: 3-6. PLACEPOT: 1-6. ■LIVE ON RACING TV

3.43 IRISH STALLION FARMS EBF MAIDEN; 2-y-o; value to the winner €13,200; 1m. (6 runners)

1 (1) **ALADDIN'S CAVE** A P O'Brien 9-7 ..... **Jack Cleary (5) —**
2 (6) 05 **BATTLE READY 19** N Meade 9-7 ..... **Colin Keane 87**
3 (2) 52 **CITY OF GOLD 43 (B★)** A P O'Brien 9-7 ..... **Wayne Lordan ●99**
4 (3) 65 **LAMAR RIVER 165** D O'Sullivan 9-7 ..... **Darragh O'Sullivan (7) 82**
5 (4) 462 **LEADLIGHT 12 (BF)** J O'Brien 9-7 ..... **Declan McDonogh 95**
6 (5) 3 **NOBLE EXHIBIT 17** A P O'Brien 9-7 ..... **Ronan Whelan 97**

BETTING: 13-8 Leadlight, 2 City Of Gold, 7-2 Noble Exhibit, 6 Aladdin's Cave
WHERE FAVOURITES FINISHED: 1 8 1 1 1
2025: Piazza San Marco 9-7 R Whelan 6-5 Fav (A P O'Brien) drawn 3, 8 ran.

4.18 DONNELLYS OF BARNA RATED RACE; value to the winner €12,000; 1m. (9 runners)

1 (8) 3678050 **LORD MASSUSUS 10 (B★;D)** J Murphy 6-10-0 ..... **Gary Carroll 94**
2 (5) 38-2807 **CLEAR QUARTZ 24 (CD)** M Fahey 9-9-10 ..... **Joseph Harnett (7) 91**
3 (6) 1-4 **NEVER LOOSE 153 (C)** J Stack 4-9-8 ..... **Seamie Heffernan ●99**
4 (7) -939118 **EDDIE G 8 (C)** A McGuinness 5-9-6 ..... **Adam Caffrey 87**
5 (9) -7**45**670 **MUSICAL ACT 73 (D)** C Murphy 5-9-2 ..... **Shane Foley 81**
6 (2) 4013071 **JAVA WOOD 7 (D)** K Smith 6-9-1 ..... **Wesley Joyce (3) 97**
7 (4) 0016011 **LADY ARWEN 42 (C,D)** C O'Dwyer 7-9-1 ..... **Billy Lee 96**
8 (3) 6-19 **AMENITA 41 (D)** D Weld 3-9-0 ..... **Chris Hayes 95**
9 (1) 689826 **CASAMORATI 18** J O'Brien 3-8-10 ..... **Shay Wallace (7) 93**

BETTING: 3 Java Wood, 7-2 Never Loose, 5 Amenita, 6 Casamorati, 13-2 Lady Arwen
WHERE FAVOURITES FINISHED: 2 1 1 2 2
2025: Iowa City 3-9-9 Billy Lee 18-1 (P Twomey) drawn 9, 12 ran.

4.53 JAMES P. CUNNINGHAM ELECTRICAL HANDICAP; 3-y-o; value to the winner €7,200; 1m. (16 runners)

1 (2) 0-99033 **FELIX SOMARY 37 (V)** J O'Donoghue 10-3 ..... **Rory Mulligan (5) 97**
2 (13) 21-6403 **DOWN THE GLEN 39 (C)** R O'Sullivan 9-13 ..... **Shane Foley ●99**
3 (8) 26-4474 **NAZARIO 7 (BF)** J Murtagh 9-13 ..... **Ben Coen 95**
4 (10) 4-43 **SUIR MONAD 38** A Slattery 9-13 ..... **Andy Slattery 98**
5 (12) 6003156 **JP'S EXPRESS 27 (CD)** M Mulvany 9-12 ..... **Wesley Joyce (3) 92**
6 (11) 77-04 **PURELY 103 (B)** A P O'Brien 9-9 ..... **Wayne Lordan 96**
7 (15) 49083 **CLADACH 7** J O'Brien 9-8 ..... **Declan McDonogh 95**
8 (14) 5**18**-972 **DONT GET ME WRONG 24 (B)** G O'Leary 9-6 ..... **Chris Hayes 93**
9 (6) 03404-0 **THARAKA 39** E Mullins 9-6 ..... **Colin Keane 91**
10 (5) 72-7207 **AQUILLA STAR 37** J McConnell 9-4 ..... **Siobhan Rutledge 87**
11 (3) 7275564 **COSMIC FUNK 7** P Murphy 9-4 ..... **Ronan Whelan 92**
12 (9) 2-02304 **ELLA'S GOLD 12** M Smith 9-4 ..... **Robbie Colgan 94**
13 (16) 0-0089 **SHAY'S DREAM 34 (T★)** J O'Brien 9-4 ..... **Joseph Sheridan 79**
14 (7) 084 **SWEETIE TOO 14** B Duke 9-3 ..... **Rory Cleary 88**
15 (1) 0835346 **DANCE ME 9 (B★;D)** P Flynn 9-0 ..... **Reese Holohan (7) 93**
16 (4) 90090 **COOLSHINE 43** K Heffernan 8-12 ..... **Jack Cleary (5) 76**

BETTING: 5 Down The Glen, 11-2 Suir Monad, 13-2 Felix Somary, 7 Cladach, Nazario
WHERE FAVOURITES FINISHED: 1 2
2025: Electric Beauty 9-3 Wesley Joyce 40-1 (M Mulvany) drawn 13, 15 ran.

5.30 IRISH EBF MEDIAN SIRES SERIES FILLIES MAIDEN; 2-y-o; value to the winner €15,000; 7f. (12 runners)

1 (4) 75 **CHURCHILL BOND 16** P Twomey 9-3 ..... **Billy Lee ●99**
2 (3) 60 **ARMARONE'S GIRL 16** C Hughes 9-1 ..... **Seamie Heffernan 86**
3 (7) 0 **ESTADIO DE LA LUNA 16** J O'Brien 9-1 ..... **Joseph Sheridan 70**
4 (6) 254 **LUNAR EMPRESS 16 (P★)** J Harrington 9-1 ..... **Shane Foley 98**
5 (11) 6 **AUTUMN GRAY 16** E & P Harty 8-13 ..... **Colin Keane 93**
6 (8) 5848 **CLOUGHLEAGH BRIDGE 24** P Murphy 8-13 ..... **Gavin Ryan 95**
7 (1) 0 **GREEN NATURE 16** J O'Brien 8-13 ..... **Declan McDonogh 70**
8 (2) 85 **KATIRAYA 30** D Weld 8-13 ..... **Chris Hayes 93**
9 (5) 63 **SHENATA 27 (P★)** J Murtagh 8-13 ..... **Ben Coen 97**
10 (9) 0 **EVIE'S DELIGHT 7** M Mulvany 8-11 ..... **Wesley Joyce (3) 70**
11 (10) **PEITSEOGA** T O'Mara 8-11 ..... **Wayne Lordan —**
12 (12) **MARY JOHN** J O'Donoghue 8-9 ..... **Rory Mulligan (5) —**

BETTING: 3 Katiraya, 4 Lunar Empress, 5 Churchill Bond, 6 Shenata, 7 Autumn Gray
WHERE FAVOURITES FINISHED: 8 1 1 1 6
2025: Zous And Me 9-1 Dylan McMonagle 5-1 (J P O'Brien) drawn 2, 7 ran.

6.00 RACING IN THE CITY OF TRIBES HANDICAP; value to the winner €7,200; 7f. (12 runners)

1 (10) 9000525 **SAN AER 38 (BF,C,D)** R O'Sullivan 8-10-0 ..... **Donagh O'Connor ●99**
2 (4) 0-67315 **MERISI DIAMOND 8 (D)** T Coyle 7-9-12 ..... **Billy Lee 96**
3 (3) 9744643 **LOINGSEOIR 42 (D)** M Grassick 10-9-11 ..... **Colin Keane 98**
4 (1) 5500-60 **RHYTHM KING 40 (CD)** M Fahey 6-9-9 ..... **Reese Holohan (7) 86**
5 (9) 880 **BANSHOF 62** M Smith 4-9-8 ..... **Robbie Colgan 78**
6 (7) 06637- **MYTIMETOSHINE 270** D Duggan 6-9-8 ..... **Darragh O'Sullivan (7) 90**
7 (11) 3**356**210 **ALEX DELARDO 67 (V;D)** J McConnell 5-9-5 **Adam Browne-Souza (7) 97**
8 (2) 5399-75 **RACING ROYALTY 81 (B;D)** G Scott 7-8-11 ..... **Nicola Burns (5) 95**
9 (12) **40**-0000 **IMPERIAL DREAM 33 (D)** P Flynn 6-8-10 **Robyn Donaghue-Leahy (7) 73**
10 (8) 9006005 **BANG PO 3** L McAteer 6-8-7 ..... **Rory Mulligan (5) 82**
11 (6) 190-436 **DRAIOCHT 14** T O'Mara 6-8-7 ..... **Wayne Lordan 96**
12 (5) -090900 **ROMANTIC WAR 38** J Murray 4-8-7 ..... **Wesley Joyce (3) 71**

BETTING: 9-4 San Aer, 5-2 Loingseoir, 11-2 Merisi Diamond, 15-2 Racing Royalty
WHERE FAVOURITES FINISHED: 1-2 3 2 6 3-4
2025: On A Session 9-9-11 Nicola Burns 7-1 (K Cotter) drawn 1, 15 ran.

6.30 IRISH EBF OYSTER STAKES (FILLIES' & MARES' LISTED); value to the winner €31,500; 1m 4f. (16 runners)

1 (9) 921-125 **BESET 127 (D)** J O'Brien 5-9-12 ..... **Declan McDonogh ●99**
2 (5) 1089-37 **ANKARA 25 (D)** J O'Brien 4-9-9 ..... **Gary Carroll 88**
3 (1) 8-231 **DUVESSA 58** J O'Brien 4-9-9 ..... **Nathan Crosse 91**
4 (12) -247703 **GALILEO DAME 39** J O'Brien 5-9-9 ..... **Chris Hayes 94**
5 (15) /1873-8 **KALIXA 70** M O'Callaghan 4-9-9 ..... **Seamie Heffernan 85**
6 (6) 11/021- **NANS VIEW 403 (CD)** J Fahey 5-9-9 ..... **Donagh O'Connor 89**
7 (16) 4-53640 **NARLITA 39 (D)** H Rogers 7-9-9 ..... **Adam Caffrey 83**
8 (3) -354533 **NAVY WATERS 17 (V)** W McCreery 5-9-9 ..... **Billy Lee 91**
9 (10) 302-441 **NUIT 50** H Bromhead 4-9-9 ..... **Colin Keane 97**
10 (13) 13-2264 **SNAPRETEND 25 (D)** J O'Brien 4-9-9 ..... **Scott McCullagh 98**
11 (8) 60-0077 **TAMAM DESERT 108 (C)** M O'Callaghan 4-9-9 ..... **Jamie Powell 72**
12 (11) 03-215 **CHABLIS ROCK 80 (BF,D)** J O'Brien 3-9-1 ..... **Shane Foley 89**
13 (14) 2-14 **CHASING PARADISE 136 (P★)** J Murtagh 3-9-1 ..... **Ben Coen 91**
14 (7) 1-3 **CLASSIEST 27 (B;C)** A P O'Brien 3-9-1 ..... **Wayne Lordan 97**
15 (2) 3-77998 **ICE DANCER 25 (P★)** A P O'Brien 3-9-1 ..... **Ronan Whelan 88**
16 (4) -921115 **TEOLOGIA 19** J O'Brien 3-9-1 ..... **Joseph Sheridan 94**

BETTING: 11-4 Beset, 5 Classiest, 11-2 Snapretend, 6 Chasing Paradise, 13-2 Galileo Dame, 8 Nuit, 10 Teologia, 12 Navy Waters
WHERE FAVOURITES FINISHED: 1 1 3 2 1
2025: La Isla Mujeres 5-9-9 Billy Lee 9-4 Fav (P Twomey) drawn 1, 15 ran.

Sunracing FORM

BESET (9-2) 5-2 tracked leader, ridden 2f out, 4th 1f out, weakened, 5th of 6 (btn 7l) to Minnie Hauk (9-2) (Curragh 1$^{1}/_{4}$m Grp 2 (1) €78,000 good).
SNAPRETEND (9-9) 28-1 led 3f out, headed closing stages, no extra, 4th of 8 (btn 2l) to Believed (8-13)
ANKARA (9-9) 50-1 weakened 1 $^{1}/_{2}$f out, 7th (btn 16l) **ICE DANCER** (8-13) 125-1 led, headed 3f out, weakened 2f out, tailed off, last (well btn) (8 ran) (Cork 1$^{1}/_{2}$m Grp 3 (1) €42,000 good).
DUVESSA (9-4) 8-13 fav led 1f out, ran on well, bt Rocket Robyn (8-13) 6$^{1}/_{4}$l (6 ran) (Dundalk 1m 3f €6,601 AW).
GALILEO DAME (8-7) 5-2 held up, not reach leaders, 3rd of 6 (btn 1$^{3}/_{4}$l) to Counting Coup (9-9) (Galway 1$^{3}/_{4}$m stkss €11,101 yielding to soft).
KALIXA (9-6) 100-1 tracked leaders, no impression 1 $^{1}/_{4}$f out, last of 8 (11l) to Bosphorus Rose (9-6) (Roscommon 1$^{1}/_{2}$m Listed (1) €30,000 good).
NANS VIEW (8-12) 12-1 tracked leaders, led straight, held on close home, bt Cheeky Wink (9-9) hd (18 ran) (Galway 1$^{1}/_{2}$m hcap €65,999 yielding).
NAVY WATERS (8-13) 11-1 mid-division, kept on without threatening final furlong, 5th of 18 (btn 2$^{3}/_{4}$l) to Thread Of Gold (9-0) **NARLITA** (8-9) 33-1 weakened 1f out, 17th (btn 12l) (Galway 1$^{1}/_{2}$m hcap €65,999 soft).
NUIT (9-4) 8-11 fav travelling well 2f out, led 1f out, easily, bt Pampar Lady (9-1) 8l (9 ran) (Ballinrobe 1m 5f mdn €6,601 good to yielding).
TAMAM DESERT (9-2) 28-1 pushed along 3f out and dropped away, last of 7 (well btn) to Danielle (9-2) (York 1$^{3}/_{4}$m fll Grp 3 (1) £56,710 good).
NARLITA (9-4) 16-1 disputed lead 4f out, headed 2f out, no extra, 4th of 9 (btn 11l) to Chica Guerrera (9-1) **CHABLIS ROCK** (9-0) 9-4 fav no extra 1f out, 5th (btn 14l) (9 ran) (Down Royal 1$^{1}/_{4}$m hcap €19,500 soft).
CHASING PARADISE (9-2) 4-1 kept on one pace 1f out, 4th of 7 (btn 5$^{1}/_{4}$l) to Thundering On (9-2) **ICE DANCER** (9-2) 7-2 weakened final furlong, last (well btn) (Navan 1$^{1}/_{4}$m Grp 3 (1) €42,000 good to yielding).
CLASSIEST (9-1) 12-1 held up, kept on final 50 yards, 3rd of 7 (btn 5$^{3}/_{4}$l) to Star Performer (9-1) (Gowran Park 1m 1f Listed (1) €33,000 good to firm).
TEOLOGIA (9-2) 17-2 held up, kept on same pace closing stages, 5th of 9 (btn 5l) to Highwayman (9-7) (Leopardstown 1$^{1}/_{4}$m Listed (1) €30,000 good to yielding).

7.00 BOYLE SPORTS APPRENTICE HANDICAP; value to the winner €7,200; 1m 4f. (16 runners)

1 (1) -417618 **FARO ISLAND 8 (CD)** A Oliver 4-10-2 ..... **Sam Coen 97**
2 (14) 653608- **AFLOAT 341** G Cromwell 6-9-13 ..... **Jack Kearney 94**
3 (10) 414-567 **KASHEL SPRING 21** D Hogan 4-9-13 ..... **Jared Huggan (7) 89**
4 (11) **323**-178 **SOARING SUN 63 (D)** P Flynn 5-9-13 ..... **Robyn Donaghue-Leahy (4) 92**
5 (16) 9050830 **SUMMER SNOW 8 (C)** P Lawlor 6-9-12 ..... **Joseph Harnett (7) 85**
6 (3) 00-6455 **PARTY DRESS 10** W McCreery 6-9-8 ..... **Wesley Joyce 98**
7 (6) 28-03U9 **COULSTYS WAY 21 (BF,D)** P Magee 4-9-6 ..... **Reese Holohan (4) 92**
8 (12) 407 **SHAMBATA 8** J Murtagh 3-9-5 ..... **Patrick McGettigan (2) 96**
9 (13) 09734-0 **SYLKIE 136 (C)** D Howard 5-9-5 ..... **Jack Cleary 81**
10 (15) 00-0 **A MAN'S HORSE 137** C Hughes 5-9-1 ..... **Rory Mulligan (2) 75**
11 (8) 48-0 **ZESTY BELLE 36 (T★)** M Quigley 5-9-0 ..... **Adam Browne-Souza (7) 78**
12 (2) 540-04 **BELLE NUIT 39** P Nolan 3-8-12 ..... **Paddy Harnett ●99**
13 (4) 080 **VENERINI 21 (P★)** M Butler 3-8-7 ..... **Orla Tynan (7) 81**
14 (5) 0662516 **CANON LAW 8** B Duke 3-8-7 ..... **Keithen Kennedy 92**
15 (7) **-666005 MY VONNIE 24** M Rice 5-8-7 ..... **Nicola Burns (2) 83**
16 (9) -870600 **IDOMYTHING 10 (D)** T Cleary 4-8-7 ..... **Shay Wallace (7) 78**

BETTING: 4 Belle Nuit, 5 Party Dress, 11-2 Faro Island, 7 Afloat, 15-2 Shambata, 8 Soaring Sun, 10 Coulstys Way, 12 Canon Law, 14 Kashel Spring
WHERE FAVOURITES FINISHED: 1 4 2 1 1
2025: Rain 6-8-10 J O'Gorman 7-2 Fav (E & P Harty) drawn 10, 18 ran.

7.30 SEAN CLEARY MEMORIAL FILLIES MAIDEN; value to the winner €7,200; 1m 4f. (17 runners)

1 (15) 88 **GOODIE GIRL 26** D McLoughlin 8-9-11 ..... **Rory Cleary 72**
2 (12) 0/ **SET TO WIN 825** L Comer 5-9-11 ..... **Robbie Colgan —**
3 (2) 5-0 **THISISTHEWAY J40** Y Latta 7-9-11 ..... **Ben Coen 76**
4 (10) 09 **ELUSIVE IN MAYO 25** T Gibney 3-9-3 ..... **Nicola Burns (5) 71**
5 (16) 30 **HEY STELLA 6** G Lyons 3-9-3 ..... **Colin Keane 83**
6 (4) 85-2263 **I HOPE YOU DANCE 8** H Bromhead 3-9-3 ..... **Ronan Whelan 96**
7 (6) **KIGALIENNE** J Harrington 3-9-3 ..... **Nathan Crosse —**
8 (1) **LOOSEN AND LIMBER** G Cromwell 3-9-3 ..... **Gary Carroll —**
9 (17) **MARY'S MIRACLE** M Butler 3-9-3 ..... **Adam Browne-Souza (7) —**
10 (14) 85 **OCEAN FIRE 39** R Cody 3-9-3 ..... **Reese Holohan 83**
11 (8) 5379 **PINK CORAL 52** A P O'Brien 3-9-3 ..... **Wayne Lordan 95**
12 (5) 3240 **PLEASED 39 (P★)** J O'Brien 3-9-3 ..... **Joseph Sheridan 97**
13 (7) 32 **PORTERS CORNER 39** P Twomey 3-9-3 ..... **Billy Lee 98**
14 (9) 83 **POSSUM 21** J Harrington 3-9-3 ..... **Shane Foley 96**
15 (11) 0-434 **STORM PETREL 27 (P★)** M McDowall 3-9-3 ..... **Gary Halpin 95**
16 (3) 00 **VENTRILOQUIST 6** J McConnell 3-9-3 ..... **Donagh O'Connor 70**
17 (13) 432 **ZADAWA 25 (H)** D Weld 3-9-3 ..... **Chris Hayes ●99**

BETTING: 5-2 Zadawa, 11-4 Porters Corner, 6 I Hope You Dance, 13-2 Possum, 8 Storm Petrel, Pleased, 10 Pink Coral, 12 Hey Stella, 20 Thisistheway
WHERE FAVOURITES FINISHED: 5 2 3 3 1
2025: Sharanga 3-9-3 Chris Hayes 5-4 Fav (D K Weld) drawn 8, 8 ran.

THE EYE CATCHER

TEMPLEGATE (Steve Mullen) is back with his eye-catchers, where he pinpoints horses to follow from the past week or two and takes a first look at big betting races to come. Let's give the bookies a right good kicking again!

CONSTITUTION HILL — Kempton, Saturday

NOT an eyecatcher as such but this wasn't the worst run for a horse having his third outing on the Flat at the age of nine. He showed what he is, which is a highish-level handicapper and no more than that. The Irish St Leger and Melbourne Cup entries seem fanciful to be brutally honest – sorry Hendo. He could win a handicap off his mark of 101 and keep drawing a crowd.

ROCKET BOY — Haydock, Saturday

KEEP the faith with Marco Botti's (*right*) youngster who went down by three-quarters of a length to the useful **First Law**. He wasn't helped by the dawdling pace which turned this into a bit of a sprint. He looks up to Listed level over a mile.

HANDS TO YOURSELF — Haydock, Thursday

MICHAEL Bell has a future winner on his hands in this Camelot two-year-old who was a good second on debut. He was clearly inexperienced even in the paddock and going to the start before missing the kick. He finished like a train over this mile on tacky ground and looks a nice prospect.

ELLAVARA — Salisbury, Thursday

RALPH Beckett's (*left*) filly was third in this strong maiden and may well have won with better luck in running. Look out for her, while winner **Miss Miniver**, second **Thi Qar** and fourth **Learning** are all nice too.

IT'S a big shame VALEDICTORY missed the Old Borough Cup on Saturday at bottomless Haydock because I think he has more to offer stepping up to marathon trips.

The Gosdens' four-year-old did well early this season and got better as the race went on tackling two miles for the first time at York last time out in August.

He isn't the quickest and kept going up the Knavesmire straight to suggest the punishing 2m2f of the Cesarewitch could be right up his street.

He runs in the famous blue silks of Godolphin who are sponsoring the race this season and, while he wouldn't want it really testing next month, some give would be fine and he's guaranteed a run.

The current 20-1 with several firms looks fair enough and he is more than capable of running into the first four.

THE FIRST LOOK — my antepost angle

VALEDICTORY (20-1 e-way) Cesarewitch, Newmarket

GREYHOUND SELECTIONS AND RETURNS

SELECTIONS

■SHEFFIELD: 11.01 Jolly Arlo (3-1-6) 11.18 Catunda Sniper (6-2-1) 11.34 Gwladys Queen (1-5-6) 11.52 Bartlemy Soldier (6-5-1) 12.09 Russanda Penny (6-3-5) 12.26 Fourpenny Glider (6-2-5) 12.42 Slippy Julie (nap) (1-2-4) 12.59 Russanda Carlos (6-4-1) 1.17 Gurtnacrehy Rhys (1-2-4) 1.33 Acomb Mo (nb) (6-4-5) 1.51 Slippy Marian (6-2-1) 2.07 Allowdale Bingo (1-2-4)

■NEWCASTLE: 11.09 Fahrenheit Eve (5-6-1) 11.27 Da Short Haul (nap) (5-1-6) 11.43 Canny Orla (5-3-4) 12.01 Szoboszlai (2-5-6) 12.18 Wraysbury Orchid (nb) (1-6-3) 12.34 Alnwick Betty (4-6-1) 12.51 Fabulous Shona (5-4-3) 1.08 Woe Colette (2-3-1) 1.26 Euros Will Do (1-4-3) 1.42 Nanna Betty (1-3-2) 1.59 Swift Frills (1-6-2) 2.14 Joannes Hope (5-2-6)

■MONMORE: 2.31 Distant Billy (4-1-5) 2.49 Chuckies Angel (6-3-1) 3.09 Zenith Fotospor (nap) (3-1-4) 3.27 Heaven Reversed (1-5-3) 3.47 Hollywell Mave (4-1-5) 4.04 Longacres Bigtee (3-6-4) 4.24 Deelish Lola (nb) (3-1-2) 4.42 Noduff Alpha (3-5-2) 5.01 Mystical Cash (2-3-6) 5.19 Flying Calvn (3-1-2) 5.37 Remarkable Scamp (6-2-5) 5.57 Longrange Comet (1-4-2)

■ROMFORD: 2.23 Minnies Sofia (2-3-4) 2.41 Bubbly Fury (nap) (1-3-4) 3.01 Derrygrath Lisa (nb) (1-6-3) 3.19 Jeopardy Venus (4-3-2) 3.38 Move The Magic (3-4-5) 3.57 Zenith Zaza (6-1-3) 4.16 Sparkling Kerena (1-4-5) 4.34 Kinstons Angel (5-2-4) 4.53 Distant Diana (6-1-3) 5.12 Lazlos Babe (4-2-6) 5.31 Olwinn Seen It (1-4-5) 5.49 Yahoo Cleo (2-1-3)

RETURNS

■DUNSTALL PARK: 11.01 Knock Voodoo 9-2 (6-4-2 BAGS F £24.69 TC £75.88). 11.18 Scaletric 16-1 (6-4-1 £63.46). 11.34 Mercia Diana 5-4f (1-4-5 £5.03 TC £12.64). 11.52 Coalville Clover 3-1 (2-5-3 £10.36). 12.09 Flyhigh Bully 10-3 (5-2-4 £16.61 TC £44.69). 12.26 Mercia Raven 11-4 (2-1-4 £12.24 TC £55.00). 12.42 Kerrylane King 7-2 (6-3-4 £14.05 TC £29.33). 12.59 Ashtons Bingo 9-4f (3-6-5 £9.81 TC £42.27). 1.17 Klassical Mia 15-8f (2-5-4 £16.59 TC £64.80). 1.33 Grey Dove 10-11f (6-4-1 £4.82 TC £13.20). 1.51 Kilwest Ruby 11-4 (3-6-4 £8.04 TC £16.95). 2.07 Point Break 4-5f (3-2-4 £6.34).

■ROMFORD: 11.09 Da Blue Tiger 10-3 (6-5-3 BAGS F £37.06). 11.27 Smashing Major 7-4 (1-2-6 £13.36). 11.43 Bubbly Queenie 7-4f (4-3-2 £9.28). 12.01 Up The Fulham 2-1f (4-2-1 £14.49 TC £47.71). 12.18 Emers Marnie 7-4f (2-1-5 £7.92). 12.34 Droopys Ma 9-1 (5-3-4 £43.53). 12.51 Navys Dolly 7-1 (2-3-1 £34.95 TC £94.53). 1.08 Sundance Sasha 10-3 (1-5-2 £15.00 TC £29.31). 1.26 Ink Black Honey 10-3 (1-5-3 £8.86). 1.42 Sparkling Millie 5-4f (3-1-6 £14.82). 1.59 Kingdom Monty 11-10f (4-6-2 £8.11). 2.14 Lollipop Lucy 4-6f (5-1-2 £3.34).

■MONMORE: 2.23 Cazzers Bassey 5-1 (2-6-4 BAGS F £44.60 TC £200.92). 2.41 Tullymurry Skies 4-1 (6-2-5 £21.86 TC £122.00). 3.01 Millview Mags 4-6f (4-3-2 £7.68 TC £30.11). 3.19 Vixons Matt 2-1f (1-2-3 £8.70 TC £26.84). 3.38 Hollywell Cookie 9-4 (2-5-3 £8.47). 3.57 Rackit Up Franco 9-4 (3-4-1 £12.18 TC £24.05). 4.16 Sugar Gold 3-1 (3-2-5 £11.19 TC £58.49). 4.34 Dubliners Flyer 11-4 (5-2-6 £26.58 TC £58.29). 4.53 Oblivion 4-1 (5-1-2 £38.69 TC £100.78). 5.12 Getup Me Ava 7-2 (4-5-3 £41.71 TC £120.71).

PROBETS

EYECATCHER: ZAMOND (6.12 Bangor) was just denied when second at Cartmel last time out.
SUPER SPEED: IWASJUSTSAYING (1.42 Leic) clocked a decent time when winning on debut at Doncaster latest.
GAMBLED ON: PERFECT HOPE (2.52 Leicester) was well supported before coming home second at Kempton last time out.